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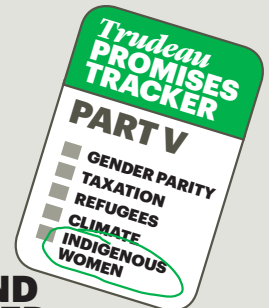
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**metroNEWS**

JENNIFER FRIESEN/FOR METRO

## City invests in crosswalk pilot

### SAFETY

**New technology  
directed at those  
with vision loss**



**Helen  
Pike**  
Metro | Calgary

Vibrotactile push buttons are the wave of the future when it comes to accessible crosswalks.

But if you're in the dark about all that, it's because the technology — coming to select Calgary crosswalks — is directed toward those with vision loss. The button, which includes a raised arrow, will help those who can't see a green light find the button and determine the direction of crossing. They will press it to be notified when it's safe to walk.

The city's request for proposals on this has now closed. Once the new technology arrives, it will be tested on a three-month trial basis.

Currently, accessible cross but-

tons can be tough to locate for someone who can't see. They also stop running between the hours of 10 p.m. and 6 a.m. because they're too noisy. But let's be real: who doesn't stay out late on a Friday?

"That's not being accessible for people who have vision loss because they potentially need it 24/7," said Leanne Squair, issue strategist in community and neighbourhood services, supporting the advisory committee on accessibility.

"The ones we have use audible tones only," said Jessica Bell, spokeswoman with the Calgary roads department.

Bell said they are looking for technology with soft and continuous locator tones, a push button that is tactical and vibrating, and audible tones that automatically adjust to ambient noise — all to help those with certain needs cross the street.

"We have a lot to learn," said Coun. Druh Farrell.

She said the city is testing a number of different technologies, noting it's important for the city to improve accessibility.

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## Parkourists bound, soar, hurdle through Calgary

### SPORT

### Alberta athletes set to compete in continental competition



**Lucie Edwardson**  
Metro | Calgary

As Patrick Schmeikal catapults himself from the highest railing at Century Gardens in downtown Calgary, it's hard to believe he's ever had any fear at all.

But, Schmeikal said learning to jump, leap and throw himself off walls, bridges and elements has been what's taught him how to deal with his fears.

"Parkour challenges my fear, because I was really scared of a lot of things when I was younger," said the 31-year-old parkourist, or "tracer."

Schmeikal said he got his first taste for the sport on YouTube and tried his luck with it when he was travelling in Germany and a solo hike took him to an abandoned castle with rocks and different structures scattered inside.

That's where he tried parkouring for the first time. Now, almost a decade later, Schmeikal, a member of Optimo Movement, has dedicated himself to practicing parkour. He moves with ease, bounding, soaring and hurdling himself off city park elements.

Schmeikal's love for the sport and parkour community has inspired others as well.

"Patrick is a definitely an important piece of the puzzle in the parkour community," said Kate Mah, 22, who is mentored by Schmeikal.

"A lot of times I don't see what he sees,



**Josh Dohy launches himself off a rock in Century Gardens into a perfect back flip.**

JENNIFER FRIESEN/METRO

so he gives me tips."

Mah said she became inspired to learn parkour while she was practicing for an upcoming cheerleading event.



**Parkourists Josh Dohy, Kate Mah and Patrick Schmeikal.**

JENNIFER FRIESEN/METRO

"I saw these guys doing some butchered gymnastics and it looked really cool," she said. "I was really interested."

Schmeikal said the most rewarding thing about the sport is how it makes him feel. "Parkour's made me so happy, and when you're a happy person you do good things for others," he said.

"It's this ripple affect of kindness and compassion."

Another member of the Calgary parkour community, and friend to Schmeikal, is internationally decorated parkour competitor, Josh Dohy, 19.

He said parkour has given his life a sense of direction.

"I can give myself challenges," he said.

**Parkour challenges my fear, because I was really scared of a lot of things when I was younger.**

Patrick Schmeikal

ges," he said.

"Before parkour I was never a very motivated or driven person, and now I'm incredibly inspired and motivated to achieve my goals."

All three parkourists will be competing this May at the North American Parkour Championships in Vancouver.

### MURDER

### Accused to get further psychiatric assessment

A man accused of killing a two-year-old Alberta girl and her father will require further psychiatric assessment before it is determined if he is fit to stand trial.

Derek Saretzky, 22, is charged with first-degree murder in the deaths of Hailey Dunbar-Blanchette and Terry Blanchette.

He appeared via closed-circuit television in a Lethbridge, Alta., courtroom on Thursday.

Saretzky was initially sent for a 30-day review of his mental health, but the judge was told that doctors at the Southern Alberta Forensic Psychiatry Centre in Calgary require more time because "they were not yet done with their analysis." The matter is to return to court Nov. 26.

Saretzky was charged in the two deaths in the Crownsnest Pass area of southwestern Alberta last month after Blanchette's body was found in his Blairmore home.

Hailey was discovered a day later in a rural area nearby after an Amber Alert that stretched across Western Canada and into the United States.

There were no members of the Blanchette family in court Thursday, but purple ribbons, symbolizing Hailey's favourite colour, remained tied to parking meters outside the courthouse.

One of Saretzky's former co-workers made an appearance to provide him with moral support. The woman, who refused to give her name, described him as "a good boy" when she worked with him at the Walmart store in Pincher Creek. THE CANADIAN PRESS

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# New library building taking shape

## MOUNT ROYAL UNIVERSITY

### Riddell Library and Learning Centre a major upgrade



**Helen Pike**  
Metro | Calgary

It's slated to be at least four times larger — and 10 times cooler — than the old Mount Royal University campus library.

The Riddell Library and Learning Centre at MRU is hitting all sorts of milestones. The building, which over a year ago had just broken ground, is now standing tall and taking shape in the emerging cultural hub on the east gate of campus.

"We're about two thirds of

the way through construction, and we're planning to open in early 2017," said Carol Shepstone, university librarian. "We're still on track, on time and on budget."

The library is being built with \$85.8 million from the Government of Alberta and a donation from the Riddell family.

It's not just a pretty building. The flexible learning space is contributing to around 16,000

new square feet of functional space for the growing university campus — space that Shepstone said is in desperate need as current students are bringing the current library to capacity.

The new space will also have a coffee shop with snacks, stand-up desks, treadmill desks, a maker space, green screen and other multimedia rooms, a 360 visualization room — the list goes on.



Pictured is a wall made up of recycled skateboards in this electronic rendering of what part of the library's interior should look like. CONTRIBUTED

## HOME-SCHOOLING

### Duggars still to speak in Alberta

An Alberta home-schooling association is standing by a controversial U.S. reality TV couple slated to speak at its upcoming annual convention.

Jim Bob and Michelle Duggar are to give a keynote address at the Alberta Home Education Convention in Red Deer in April.

The long-running show 19 Kids and Counting chronicled the religious Arkansas couple and their growing number of home-schooled children.

The TLC program was pulled in July after revelations that their oldest child, Josh, had fondled four of his sisters and a family babysitter when he was a teenager.

The couple has stated that, instead of going to police, they put their son in a Christian rehabilitation program and the abuse was resolved and forgiven.

The scandal grew when media later reported that

the leader of the Institute in Basic Life Principles, which the Duggars followed with their home-schooling, was being sued over sex abuse allegations. Josh Duggar also attended one of the institute's facilities as a teen.

The Alberta Home Education Association, which is organizing the convention, says in a statement on its website that board members decided to keep the Duggars on the agenda.

It says the molestation happened more than a decade ago and is "old news."

"The AHEA does not condone Josh's behaviour but wishes to follow the example of the victims in this situation who have expressed a desire to 'forgive and forget,'" said the statement.

The president of the association was not available for comment.

THE CANADIAN PRESS



Jim Bob and Michelle Duggar are to give a keynote address at the Alberta Home Education Convention in Red Deer in April. CONTRIBUTED

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## TRANSIT

## Minister clarifies high-speed rail comment



**Lucie Edwardson**  
Metro | Calgary

After bringing up high-speed railways between Calgary and Edmonton, during Wednesday's question period, Alberta's transportation minister says his comments about the railway were misinterpreted.

During question period Wednesday, Brian Mason was asked for alternative solutions to QE2 congestion and the minister brought up high-speed railways.

"The objective of that corridor is to move people and goods, not necessarily vehicles, so we have to look at different alternatives," he said.

"The high-speed train between Edmonton and Calgary

is something that we're beginning to ask about."

But, Thursday, when asked by reporters about a high-speed railway between the two Alberta cities, Mason said he needed to clarify.

"While it's not part of our plans — we have no money allocated towards it — it's something that is on our radar in the sense that at some point we will need to study it more thoroughly."



**We have no money allocated towards it.**

Transportation Minister  
Brian Mason



Calgary's biggest designer Paul Hardy has a show called *Aimalia* at the Glenbow Museum. JEREMY SIMES/METRO

### IN BRIEF

#### Midway stabbing charges upgraded to manslaughter

A man stabbed on the Stampede midway this summer during a fight between two groups died as a result of his injuries. Police were called to the Stampede midway July 9, around 12:15 a.m. The victim has been identified as Zakariya Mohamed Abdow, 25, of Calgary. Renato Toy, 20, of Calgary, was originally charged with one count of aggravated assault, one count of obstruction of justice and two counts of breaching a court order. Toy appeared in court Thursday, where his charges were upgraded to manslaughter. Abdow, also known as Slickthug or Slimthug, was charged in March of this year in relation to a 2014 sexual assault of a then 14-year-old girl. He was

charged with sexual assault, sexual interference with a child under 16 and invitation to sexual touching.

UCIE EDWARDSON/METRO

#### Cousins face kidnapping and weapons charges

Two Calgary cousins are facing kidnapping and weapons related charges after kidnapping an individual last weekend. Police responded to a call Saturday, from a man who reported he was trying to escape from someone who had kidnapped him earlier. Ahmad Feraidoon Safari, 19, is charged with several threats including kidnapping and being unlawfully at large. His cousin, Zharif Safari, 18, is charged with kidnapping, assault with a weapon and forcible confinement. METRO

# Animals inspire wild art-fashion fusion

## CULTURE

## Hit designer's latest show is at Glenbow



**Jeremy Simes**  
For Metro | Calgary

As a young boy, Paul Hardy would always tug on his mom's pant leg, telling her he wanted to sew when he grew up.

He has lived up to those words, one of Calgary's biggest designers, with star clients like Sarah

McLachlan.

His most recent project, titled *Kaleidoscopic Aimalia*, is currently featured at the Glenbow Museum, delves into the bond between humans and animals.

"It's everywhere you look," he said. "Whether it's our clothing or characters in cartoons, animals have always made a presence."

Hardy was named the Glenbow's artist in residence last November and, since then, curated 15 themed window-display style vignettes — each featuring his designed gowns among the museum's numerous archives.

"(The exhibition) makes it look like you're window shopping,"

he said. "But while you're doing that, you're looking at all these historic artifacts. There are all these old things that can be seen in a contemporary way."

One display features a wolf wearing a dress made out of about 50 Lamb Chop dolls.

"It plays on the whole 'wolf in sheep's clothing,'" he said.

When he came close to finalizing the project, Hardy said he realized animals play a larger role in society than he thought.

"I hope people also see that role," he said. "I think (the displays) will challenge people to pause — each window has a lot of layers to it."

### + BACKGROUND

#### Stories behind the show

- Sarah McLachlan asked Hardy to make her a dress for the 2008 Junos, at which she received The Al- lan Waters Humanitarian Award.
- Hardy honours his dog, Coburg in the Man's Best Friend vignette
- The National Ballet of Canada commissioned Hardy to design a ballet dress for its 60th anniversary. METRO

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## Detox centre funding cuts worry PC MLA



In question period Wednesday, PC MLA Sandra Jansen said she was shocked to see the funding removal, given the

He said the government is moving forward with the PC's planned projects.

The \$13 million went into a pot of \$4.4 billion, which contains funds that have yet to be allocated towards capital projects, Mason said, adding the government will make decisions regarding capital spending

In the former government's un-passed budget, the PCs allocated \$39 million over that same time frame and, in the 2014 budget, it planned to spend \$37 million over the course of three years.



**Emily Leedham, left, co-founder and past-president of the Consent Awareness and Sexual Education Club, and Nanako Furuyama, co-ordinator at the Women's Resource Centre.** COURTESY RILEY BRANDT/UNIVERSITY OF CALGARY

# U of C kicks off Culture of Consent

## Campaign to fight sexual assault starts on Friday



A year in the making, the project will feature campus-wide campaigns, educational workshops and high-profile speaker events to get students behind its

Hilary Jahelka, the current CASE president said it's important for students to understand the resources at hand because often instead of reporting to authorities victims open up to those closest to them.

Emily Leedham



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## METRO TALKS

## MICAHA JOHNSON

HE'S BACK AFTER A SERIOUS INJURY. BUT WHEN THIS DEFENSIVE LINEMAN ISN'T ON THE FIELD HE'S DROPPING BEATS TO MAKE IT IN THE MUSIC INDUSTRY AFTER FOOTBALL.

# THE ROAD TO RECOVERY

CANDICE WARD FOR METRO

Calgary Stampeders defensive lineman Micah Johnson is only in his third season with the CFL (all with the Stamps) and is having his best season yet. Although he's putting up some impressive stats, they would be even more impressive if it weren't for spending most of the last two seasons on the injured list. Now 100 per cent healthy, Johnson talks with Metro about the mental toughness it takes to return from injury as well as his love of music.

## Mental game

Injuries are commonplace in any sport. For Johnson, getting back on the field was not an easy road, but he's now stronger than ever.

"It was tough for me — I had my surgeries back in the States so I was away from my team, so everything I had to do was by myself and on my own," says Johnson.

On top of the injury, he was also hospitalized with blood clots in his lungs. "The rehab road was a long road, it was a lot to get back to where I am this year," says Johnson.

He says the only blessing that came out of the injury was the time he was able to spend with his now four-year-old son JaCorian Johnson.

Through it all, he says his family has always been big supporters of his career and goals,

including his two brothers. He played football with one of his brothers in college, who went on to play in the NFL and was recently at the Stampeders training camp, but was released.

## When he grows up

While most kids dream of playing professional football, Johnson is already thinking about what he wants to do when his football career is over. For Johnson, that is producing music. Ever since he was in college, he has been saving his money and investing in developing a music career.

"A lot of people think it is a super lofty goal, but living in Atlanta and being around the music as much as I have, it is not lofty at all," says Johnson.

"It can definitely happen, just continue to put the time in and continue saving money so I can invest it in myself."

He says the key to his success will be the same as his key to success in football: preparation.

When Johnson is not on the field, he can be found at home working on his music and drawing influence from producers such as 808 Mafia.

## The challenge

While Johnson likes to spend a lot of his downtime working on his music, he and teammate De-



Calgary Stampeders defensive lineman Micah Johnson works on creating music when he's not on the field. CANDICE WARD/METRO

Quin Evans (also a former college teammate) like to battle it out by playing Call of Duty.

But they are not the only players on the team who are into this game. In fact, Johnson has issued a challenge to two Stampeders linemen who are also avid Call of Duty players: Shane Bergman and Spencer Wilson.

"Everyone vouches for Berg, but DeQuin thinks he is the best too," says Johnson.

"The combination of me and DeQuin would definitely beat Spence and Berg — I am confident of that."

## + LIGHTNING ROUND

**1. Favourite sport — other than football — to watch?** Basketball

**2. What do you love to talk about, but no one ever asks you about?** Music

**3. Your all-time favourite Stampeder (past or present):** Doug Flutie

**4. Favourite Calgary hangout:** On the Bow River

**5. What's your ideal vacation?** Europe

**6. If we turned on your iPod, what would be playing?** Young Jeezy

**7. What movie could you watch over and over again?**

Little Giants

**8. Early bird or night owl?** Night owl

**9. Beer or wine?** Wine

**10. If you never became a football player, what would you have become?** Music producer



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# Breaking the rules

SCENE YYC

## Stage version of *Once* defies traditional musical tropes

**Lisa Wilton**  
Metro | Calgary

Musical theatre isn't for everyone.

Go to any flashy, big-budget singing-and-dancing spectacular and you'll notice right away who has been dragged kicking and screaming to the theatre. They are, of course, the ones who look like they'd rather stick jalapenos in their eyes than sit through two hours of frolicking felines or a chorus line of French revolutionaries.

But *Once* isn't your typical Broadway musical.

Based on the hit 2006 independent film, *Once* is a minimalist love story featuring the sublime songs of folk-rock musicians Glen Hansard and Marketa Ir-



**John Steven Gardner, in the black shirt, plays a jaded sound engineer in the Tony-winning musical *Once*.** LISA WILTON/FOR METRO

glova.

"The music is so beautifully written that people who hate musical theatre usually come away with a different perspective," says John Steven Gardner, who plays jaded sound engineer Eamon.

The show premiered in New York City in 2011 and was nominated for 11 Tony Awards. It won eight, including Best Musical, Best

Actress and Best Book of a Musical.

Set in Dublin, *Once* revolves around the blossoming relationship between an Irish busker and a Czech pianist and their struggles to make it in the music industry. The original film is full of quiet, intimate moments, something Broadway musicals aren't particularly known for.

"They had to extend a

### WHERE, WHEN

*Once* runs Nov. 3 until Nov. 8 at the Jubilee Auditorium. Tickets can be purchased online through [Calgary.Broadway.com](http://Calgary.Broadway.com)

few characters and change a few things here and there to make it more appropriate for the stage," says Gardner, adding that the creative team managed to maintain the intimacy that made the movie so captivating.

"(Director John Tiffany) would say to us in rehearsals, 'Don't rush the dialogue. Let silence fill the air and let it hang.' As an actor, it took some getting used to. Your instinct is to push the action along and push the story forward. He really encouraged us to sit with the moments."

Gardner was 16 when the film came out and he says he fell in love with the story and the characters.

"I watched it religiously," he says. "There was something about it that really caught my interest."

### WEEKEND EVENTS

## Puppetry and Kandahar coffee

**Friday –**

**The Rocky Horror Picture Show Live at Evergreen Studios**  
Some of Calgary's most admired theatre actors, including Mark Bellamy, Andy Curtis, Christopher Hunt, Nicole Zylstra and Shari Wattling will display their kinky side in a raucous one-night-only staging of the cult classic. The cabaret-style production is presented by the Alberta Playwrights' Network and Evergreen Theatre. Tickets are \$35.

[ALBERTAPLAYWRIGHTS.SQUARESPACE.COM](http://ALBERTAPLAYWRIGHTS.SQUARESPACE.COM)

**Friday –**

**Cemetery of Sound at the BMO Centre**

Steve Aoki returns to Calgary to headline this annual Halloween-themed EDM event. The popular DJ's latest single, Home We'll Go (Take My Hand), features Canadian band Walk Off the Earth and recently debuted at No. 9 on the iTunes Canada chart. Joining Aoki are Robin Schultz, W&W, Oliver Heldens and more.

**Saturday –**

**The Daisy Theatre at the Big Secret Theatre**

Master puppeteer and Calgary native Ronnie Burkett brings back some of his most beloved, controversial and memorable creations such as Esme Massengill and Mrs. Edna Rural in this outrageously fun, brilliantly daring show. The Daisy Theatre is unscripted, meaning Burkett is free to take the show wherever he feels on any given evening.

**Saturday –**

**Fritters in Kandahar at Lunchbox Theatre**

Written by Peter Boychuk, *Fritters in Kandahar* is a funny and touching story that revolves around a woman who wants to make a difference in the world. She gets the chance to serve her country in the most Canuck way possible — working at a Tim Hortons on a Canadian base in Kandahar, Afghanistan.

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# Testing yields album

SCENE YYC

## Good for Grapes shows mature songwriting



**Lisa Wilton**  
Metro | Calgary

It's been a good run so far for Vancouver's Good for Grapes. Led by 22-year-old singer and songwriter Daniel McBurnie, the folk-rock band released its sophomore album *The Ropes* earlier this month. The album was recorded at Bryan Adams' studio, The Warehouse, and produced by Howard Redekopp (The New Pornographers, Tegan & Sara, 54-40.)

Good for Grapes — whose members met while performing in a high school theatre production called *A Very Potter Musical* — play *Stampede City Sessions* at Webber Academy on Saturday night.

Metro spoke with McBurnie about maturing as a



**Vancouver's Good for Grapes performs tracks from its new album *The Ropes* at Webber Academy on Saturday.** CONTRIBUTED

band and winning \$102,700 in a radio contest:

**Did you know what you wanted out of the new album before you went into the studio, or was there a lot of experimentation?**

The songs were definitely there. But there was experimentation ... Between the first and second albums, our direction became more country, rock 'n' roll and roots. It was a more mature sound.

There was experimentation, but we had it in our heads what we wanted to do. We knew we wanted pedal

steel and orchestration, but there was definitely room for more.

**Because there's a difference in sound between the first (*Man on the Page*) and second albums, were you concerned about how fans would accept *The Ropes*?**

No, the thought never crossed my mind. People are changing as much as our band is. It's hard to know what people want all the time anyway, so there's no point in worrying about it. Do whatever makes you happy.

**There are some darker themes on this album. Where did you get your song ideas?**

It's hard to say. I think the inspiration comes from seeing and hearing things in everyday life.

Most of the time, writing happens when I'm just walking around. I remember the first album, a lot of the songs were written when I was in high school and they were written during the 10-minute walks between my house and my high school.

It still kind of happens that way. But again, there's more experimentation in the songs.

**How did winning more than \$100,000 with B.C.'s PEAK Performance Project last year impact the album?**

The PEAK Performance Project definitely changed the trajectory of our band in terms of when and where we did the record. As far as the songs go, I don't think the money has changed the lyrical content. It's just allowed us to spend more time in the studio.



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Kadence and Addison, 11 and eight, have been diagnosed with a rare neuromuscular disease. COURTESY AMANDA BALINT

# Free haircuts for a cause

## GOOD DEED

### Local salon raises money for sisters with rare disease



Aaron Chatha  
Metro | Calgary

In May, Shanna Leavitt's two

daughters, Kadence and Addison, were diagnosed with Friedrich's Ataxia — a rare neuromuscular disorder with no cure.

The chances of being diagnosed with it are one in 50,000, and the chances of having two children both diagnosed with the disorder are even lower.

However, a local salon where the girls get their hair cut is stepping up to throw a fundraiser to help the girls and their mother.

"They're just regular little girls," she said. "Friedreich's Ataxia doesn't do anything to the mind. It's degenerative, so as time goes on, it's going to continue to get worse, although our hope is that it never does — that it stays as it is right now. But, we do need to plan."

The girls are 11 and eight, and their aunt, Amanda Balint, said they'll likely need wheelchairs one day.

Leavitt is a single mother,

and Balint said the fundraiser money will help to renovate the hallways and bathrooms of the house to accommodate the chairs and pay for physiotherapy sessions.

The hairBenders salon in Air-drie is offering free haircuts in exchange for donations on Nov. 1, along with a silent auction, to help out the family. Anyone else wishing to help the family can also email amandalbalint@live.ca.

## CRIME

### Man convicted of manslaughter

Harvey Kelloway of Cape Breton, N.S., and his wife, Monica, say their hearts are broken after a painful, two-year wait for justice for their son.

In Calgary court on Wednesday, Justice Robert Hall found Nicholas Rasberry, 32, guilty of manslaughter in the stabbing death of Craig Kelloway, 31.

Rasberry had been originally charged with second-degree murder.

"We can't believe it — the justice system is a mockery," Harvey Kelloway said.

"He got away with murder."

He said they plan to contact the Calgary prosecutor involved in the case, as well as Cape Breton-Canso MP Rodger Cuzner and the federal justice minister about having the verdict appealed.

Kelloway said regardless of the verdict, their lives have changed forever.

"My son Craig got the death penalty and the Kelloway family got life in prison with no parole."

Kelloway, a retired police officer who served with the Cape Breton Regional Police Service and Glace Bay Police Department for 30 years, said his son was stabbed 37 times with

## + BACKGROUND

### 'I wished I would be buried with him'

Harvey Kelloway said his biggest regret is not being there for Craig on that dreadful night.

"It hurts me that he died alone, with no family there for him. The day I laid my son to rest was the day I wished I would be buried with him — he was my son and best friend."

SHARON MONTGOMERY-DUPE/  
CAPE BRETON POST

three different knives, while Rasberry was unwounded.

"He could have phoned the police or called 911. However, he showed the Jack the Ripper way. My son was totally defenseless."

When Rasberry was granted bail and released from jail, "it broke our hearts," he said.

"We couldn't believe he got released after doing that much damage to our son. That put our anxiety and frustration with the justice system way up."

SHARON MONTGOMERY-DUPE/CAPE BRETON POST



Harvey Kelloway and his wife, Monica, are emotional while waiting for the verdict to come down for Nicholas Rasberry, charged in the death of their son Craig Kelloway.

SHARON MONTGOMERY-DUPE/CAPE BRETON POST

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# Should it be Harper Airport?

## OPINION

### Naming things after people can be troublesome

#### IN DEFENCE OF

Mike Morrison



What's in a name? Or more specifically, what's in an airport name? By now, you've undoubtedly heard that several petitions have been created to name Calgary's airport after outgoing prime minister Stephen Harper.

Collectively the petitions have gathered more than 35,000 signatures. Which, I'll admit, is impressive. Although I suspect some of the names are duplicates from Conservative voters desperate for their opinion to count for something after being wiped out both at the provincial and federal level in recent months. A counter-petition currently features more than 20,000



Is it too soon to rename the Calgary Airport after Stephen Harper? And perhaps the more important question — should we? THE CANADIAN PRESS FILE

signatures.

The idea of naming airports after notable prime ministers and government leaders isn't new. There's Pierre Elliott Trudeau International Airport

(likely the motivation behind the Harper petitions), the John G. Diefenbaker International Airport, Toronto Pearson International Airport and the Ottawa Macdonald-Cartier

International Airport. In Winnipeg, you can find the James Armstrong Richardson International Airport, which was named after a pioneer of Canadian commercial aviation.

“

**He was our prime minister ... we do have to respect that.**

I'm not opposed to having a discussion about naming something after our prime ministers. I went to school at St. Thomas University, where Brian Mulroney Hall was the school's centerpiece. But it's the way these petitions are presented. When listing reasons why Harper should have an airport named after him, the petition created by Ezra Lavant, reads: "First elected as an MP in 1993. United the right; beat the Liberals three times. Helped change the country." If you're going to pitch something that affects all of Calgary or even Canada, why do it so divisively? You'd think that message would have been received loud and clear on election night?

And while I won't pretend to be a Harper fan (I like my LGBTQ rights to be equal), I

wouldn't go so far as to name a garbage dump after him, which another petition is simultaneously trying to do. So far it has less than 1,000 signatures. He was our prime minister, and as a nation, we do have to respect that. But why don't we start smaller? Test the waters. We could start by naming his riding after him. From this point on, instead of Calgary-Heritage, let's call it Harper Hamlet.

As for YYC, perhaps it is worth having a discussion about whether we should name Canada's third-busiest airport after a notable Calgarian. How about Ralph Klein Airport? Or maybe Nenshi deserves the honour. He was the one that pushed for the airport tunnel. Or what about Ted Cruz? The Republican leader nominee was born in Calgary, after all.

Actually, on second thought, let's stick with Calgary International Airport. Sometimes naming things after people is more trouble than it's worth.

MIKE MORRISON TWEETS FROM @MIKESBLOGGITY.

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## MARIJUANA

# Grow-op had more than 3,000 plants



**Lucie Edwardson**  
Metro | Calgary

Alberta law enforcement has shut down a massive rural marijuana grow operation, after accidentally discovering it while responding to a suspicious persons call.

ALERT's Green Team, an integrated unit consisting of Calgary Police Service and

RCMP members, dismantled the grow-op on Oct. 22 at a Stettler rural home off Hwy. 12, after RCMP responded to the call the night before.

"Stettler RCMP went to investigate and in doing so located a grow-op in one of the facilities," said Staff Sgt. Keith Hurley, of the ALERT Green team. "We took two people into custody during the course of this investigation."

Officials said the 3,284-plant

grow-op in a barn on the property was powered by two industrial-sized generators. "It definitely ranks up there with some of the larger ones we have ever come across," Hurley said.

ALERT also located three kilograms of dried bud that had recently been harvested.

Hurley said they seized two pickup trucks with hidden compartments in the slip tanks, believed to be used for trafficking drugs.

"It's easier to hide illicit activities on a farm than it would be in a residential neighbourhood," Hurley said. "Slip tanks wouldn't be out of place in any rural environment across Canada, they are quite common on farms."

Kin Wa Au Yeung, a 53-year-old man, and Dan Wang, a 35-year-old woman, face charges including drug trafficking and illegal production. Neither of the accused possessed a valid Health Canada grow-op licence.



Colleen Pomkoski, 3, is the 2000th Alberta beneficiary of the Children's Wish Foundation; her parents Penny Binda, left, and David Pomkoski are delighted. JENNIFER FRIESEN/FOR METRO

## Gift puts tot in the swim

## CHILDREN'S WISH

### Foundation now includes neurological disorders



**Jennifer Friesen**  
For Metro

The only time Colleen Pomkoski is free to move without her wheelchair is when she's in the water.

The three-year-old suffers from epilepsy and cerebral palsy, which puts her in the hospital for months on end. But her parents, Penny Binda and David Pomkoski, say that her eyes light up when she's swimming.

"There's this look of contentment on her face when she's in the pool," Pomkoski said. "It's like a freedom for her, because she's able to move the body that, right now, doesn't want to move properly."

Now, thanks to the Chil-

dren's Wish Foundation, they might be able to give her that contentment every day.

On Thursday, the foundation announced an expansion in their wish-granting to include children with serious neurological and genetic disorders, including cerebral palsy.

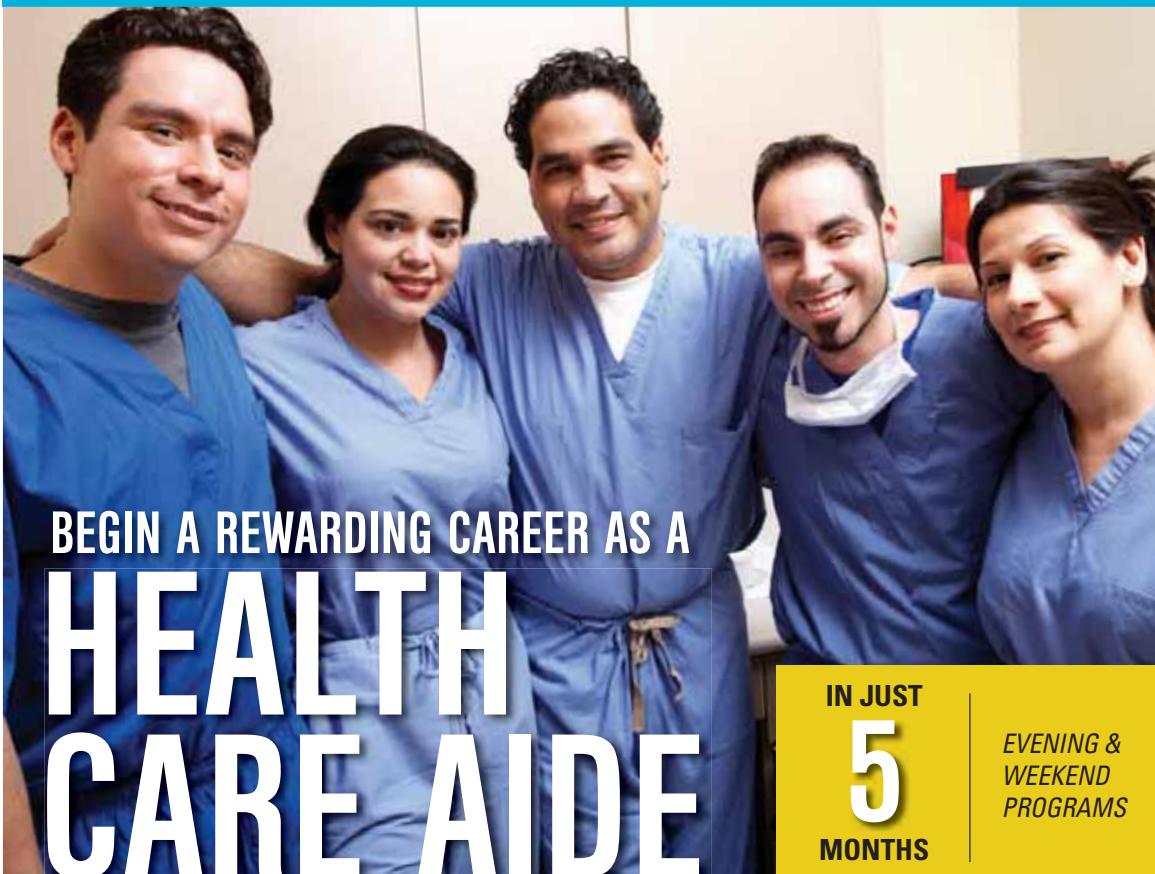
Colleen became the foundation's 2,000th wish granted in Alberta. It is now deciding between a spa for Colleen to swim in daily, or a Disney cruise to give her the chance to touch the ocean.

"We realized a number of kids were slipping through the cracks because they weren't necessarily on the list of illnesses that granted a wish," said foundation director Kyla Martin. "So we moved towards a set of life-threatening, high-risk principles, because (these children) are also deserving of a wish."

"How do you bundle up hope and give it to somebody else?" said Binda, tears welling in her eyes. "This is exactly that ... We get to give her experiences we'd otherwise never be able to give her. It's hope."

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### NOTICE OF HEARING FOR Permanent Guardianship Order To Karlene Bears paw

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Take notice that on the 4th day of November 2015 at 9:30 a.m., at Calgary Family Court, Courtroom # 1208, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

Take notice that on the 9th, 10th, and 11th days of February 2016 at 9:30 a.m., at Calgary Family Court, Courtroom # 1206, 601 – 5th Street SW, Calgary, Alberta, a TRIAL will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for Permanent Guardianship Order; of your children born on January 21, 2014 & January 21, 2014. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink  
Calgary Region, Child and Family Services  
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# Social services win at workers' bus pull

## UNITED WAY

### City employees raise \$1,400 by dint of sweat and strain



**Jennifer Friesen**  
For Metro

Heaving a 13-tonne bus by slinging a rope over your shoulder might seem like something out of an action movie, but it was just a day at the office for 140 City of Calgary employees.

On Thursday, 14 teams of 10 competed to pull a 12-metre bus 30 metres for the fourth annual Bus Pull fundraiser for the Civic Employees United Way Campaign.

"What this really does is raise awareness about the United Way and the need for people to support it," said Calgary Transit spokesperson Ron

Collins. "We raised \$1,400 right off the bat, so it's been a big success."

With a time of 15.51 seconds, the Waste and Recycling Services team — aptly named "Team Waste 'Em" — won for the third year in a row, bringing home a trophy made of recycled bus parts. While still catching his breath, team member Austin Diegel said he feels great about their win.

"It feels even better than the first time we won, because there was a lot of competition this year, but we prevailed," he said with a laugh. "It's all for a good cause."

Collins said the turnout was so big this year that they even had to turn away competitors, which is a step up from the first year when they had just six teams.

"Each year it just gets bigger," he said. "Everyone just has a good laugh and just has fun ... and I didn't even see any skinned knees."



**Josh Cloherty leads the Fleet Services team pulling a 12-metre bus toward the finish line.** JENNIFER FRIESEN/FOR METRO

## CHARITY

### Food drive helps vets in tough times



**Aaron Chatha**  
Metro | Calgary

The annual veterans' food drive has launched, but organizers say this could be one of their toughest years due to the state of the economy.

"Certainly the economy has affected everybody, so there's a lot more people in need and a lot more people who don't have the extra dollars to support initiatives like this," said Dave Howard.

"It's certainly a difficult time for the event and a difficult time for more veterans than there has been in the past."

Howard said veterans often suffer from PTSD, which can make it hard for them to hold jobs. The drive helps them through difficult times.

"There's no excuse for our heroes, who put their lives on the line for freedoms we enjoy as Canadians, to go hungry."

Howard said cash donations go to buying food gift cards, but for those who can't make a donation this year, there is something they can do which costs no money at all.

"One of the biggest things a person can do is walk up to a service member and thank them for their service," said Howard.

"Either a veteran or current military personnel — it's huge. It certainly doesn't put food on the table for those that need it,

but it does let our veterans and our soldiers know as Canadians, as Calgarians, we care."

Donations can be made through [canadianlegacy.org](http://canadianlegacy.org).



**One of the biggest things a person can do is walk up to a service member and thank them for their service.**

Dave Howard,  
food drive organizer



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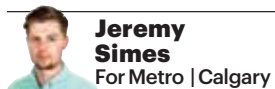
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# Calgary photographer shares ghost stories through art

## SHELF LIFE BOOKS

**Theme:  
Macabre  
explores the  
dark, ghastly**



**Jeremy Simes**  
For Metro | Calgary

Francis A. Willey has always been haunted by ghosts, whether they've been fearful or pleasant encounters.

One encounter, in particular, sparked an idea: create an ongoing photo series called the Ghost Series, which can be seen in Seities' new book — Theme: Macabre — that launches on Halloween.

"I had a dream I was walking towards a mirror," said Willey, who's also the artistic adviser and curator of Seities.

"A ghost came right out and

enveloped me, and I woke up screaming."

After that experience, Willey said he realized he had to create a version of that encounter through photography.

"Once I did that, it generated a lot of interest from people," he said. "I realized it was time to share those (ghost) experiences through art."

And, as it turns out, he's encountered fewer ghosts because he's shared more of those experiences through photography.

"I think that shows you're supposed to let things out," he said.

Like Willey's Ghost Series, all the images within Seities' new book fall under the theme of macabre — defined as dark, ghastly, noir, frightening and gruesome, said Sanja Lukac, executive director of Seities.

Although the images may evoke fear, Willey said fear is just part of the equation.

"Beauty doesn't exist with-



Sanja Lukac and Francis A. Willey are celebrating Halloween with the launch of new book. JENNIFER FRIESEN/FOR METRO

out darkness and the other things we fear the most," he

said.

The event is from 6 to 10

p.m. on Oct. 31 at Shelf Life Books, 1302 4 Street SW. Those

attending are encouraged to wear a costume.

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## POLITICS

# Longtime MP rules Conservative caucus

As the longest, continuously serving member of the caucus, Calgary MP Deepak Obhrai gets to run the party's first post-election, post-Stephen Harper meeting next week.

And Wednesday's meeting will likely be dramatic — MPs are expected to vote on a host of important things, including who will be their interim leader and their caucus chair, and whether they will endow themselves with

more powers.

It's all the result of changes made to the Parliament of Canada Act, put forward in a private member's bill by MP Michael Chong and passed into law in June. Caucus must vote on a series of key matters, presided over by the caucus member "with the longest period of unbroken service." That happens to be Obhrai, elected in 1997 along with Jason Kenney and Gerry Ritz,

but whose victory happened to be officially recorded first. The 65-year-old — referred to deferentially as "mzee," or elder, in his native Tanzania — just learned about his role this week.

"The irony is that I was the one who was opposing (Chong's) Reform Act, now I've got to follow it," said Obhrai, calling it an honour to have the role of presiding over the first meeting.

THE CANADIAN PRESS

## + BACKGROUND

### Tories fundraise most

The federal Conservatives lost power, but are still fundraising champs. They raised \$10 million July 1 to Sept. 30. New Democrats raised \$9 million in the third quarter.

THE CANADIAN PRESS



Mayor Jim Watson joins Prime Minister Stephen Harper and his wife, Laureen, with pet cats at the opening of the Ottawa Humane Society in 2011. FRED CHARTRAND/THE CANADIAN PRESS

# Harper cats packing up

## INTERNAL AFFAIRS

### Goodbye kitty: Stanley, Gypsy and chinchilla on the move

Stephen Harper is a goner — and his cats aren't coming back.

The outgoing prime minister has long been known to have a fondness for felines — indeed, prior to being elected in 2006, Harper quipped he was like one himself, because of his many political lives.

And as he prepares to begin anew as a member of the Tory backbench, so too are his cats preparing for a new life of their own. Stanley and Gypsy — along with Charlie, a pet chinchilla — are all moving out of 24 Sussex Drive to live with the Harper family at their new permanent digs in Calgary.

The Harpers have fostered dozens of cats, as well as a number of other small animals. Eventually, they devoted an entire upstairs room to the cause.

Harper's wife Laureen was a prominent volunteer for the Ottawa Humane Society.

The Harpers' fondness for cats is well-documented, going as far back as their wedding where two felines were part of the party, one in a bow tie and one in a lace collar.

The death of a former cat, Cartier, was even noted by Sen. Mike Duffy in his prolific diaries that form part of the evidence in his criminal trial.

Whether the presence of so many animals inside the home over the last nine years has contributed to the need for repairs at 24 Sussex Drive wasn't something the National Capital Commission, which manages the property, would say.

THE CANADIAN PRESS

## HALLOWEEN NOTES

### SpiderMable saves the day in Edmonton - again

The scene: two children lost at a transit station in Edmonton, standing beside a help-phone. Spider-Mable asks if they need help, presses the button, asks for help and it comes! The media event was a chance to talk Halloween safety and gave Mable, battling

cancer, another chance to show her heroic side.

THE CANADIAN PRESS

### Prof looks at what makes ghost hunters tick

Simon Fraser University geography prof Paul Kingsbury is embarking on a four-year research project to understand paranormal researchers. He will join supernatural investigators at a Vancouver-area heritage building this Halloween. "What we're finding so far is that people join paranormal investigation groups because they've had profound paranormal experiences," he said. THE CANADIAN PRESS

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# The search for answers

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his pledge to launch a national inquiry into missing and murdered indigenous women.



**Michael Woods**  
Metro | Ottawa

After years of pressure on the federal government to call an inquiry into missing and murdered indigenous women, the newly elected Liberals have promised one.

Nearly 1,200 indigenous women were murdered or went missing between 1980 and 2012, according to an RCMP report released last year.

Supporters for a national inquiry include the provincial and territorial premiers, aboriginal groups and the United Nations.

The Liberal platform promises to "immediately launch" a national public inquiry, which would "seek recommendations on concrete actions that governments, law enforcement and others can take to solve



**A vigil takes place in March on Parliament Hill for Loretta Saunders, a young Inuk woman who was murdered in February 2014.** SEAN KILPATRICK/THE CANADIAN PRESS FILE

these crimes and prevent future ones."

At his news conference the day after the election last week, prime minister-designate Jus-

tin Trudeau didn't provide a specific timeline for an inquiry but said he wanted to "get moving on this quickly."

Dawn Harvard, president

of the Native Women's Association of Canada, said consultations with the necessary people must start right away, but the inquiry itself shouldn't

be rushed into.

"The initial process needs to start right away, but that initial process itself can take a significant amount of time just in order to make sure we get it right," Harvard said.

Any successful inquiry requires consultations with aboriginal women and their families, the larger aboriginal leadership and other relevant groups to establish the process and scope of the inquiry, she said. It's particularly important that the families of the victims have a leading role, she said.

"We're only going to get one shot at this, and we need to make sure that we have all the key voices being heard at the table to make sure we get

as comprehensive a picture as possible."

That process should start as soon as cabinet is named Nov. 4, when establishing an inquiry will be a priority for the new aboriginal affairs minister.

While in government, the Conservatives resisted calls for a national inquiry, saying there had already been more than 40 studies on the matter and that it is action that is needed.

There are also fears that an inquiry won't necessarily lead to action. The Royal Commission on Aboriginal Peoples in the 1990s took five years, cost more than \$50 million and the more than 440 recommendations it produced mostly went unheeded.

## Trudeau PROMISES TRACKER

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RAIF BADAWI

## Saudi blogger wins top EU rights prize

A Saudi blogger sentenced to 10 years in prison and 1,000 lashes for insulting Muslim clerics has won the European Union's prestigious Sakharov Prize for human rights.

Raif Badawi, who has lived in Quebec's Eastern Townships region since 2013 with his wife and children, was honoured with the award as a symbol

of the fight for freedom of speech — an announcement greeted with a standing ovation Thursday at the European Parliament assembly in Strasbourg, France.

"I urge the king of Saudi Arabia to free him, so he can accept the prize," Parliament President Martin Schulz said. THE CANADIAN PRESS



Ensaf Haidar stands next to a poster of a book of articles written by the imprisoned Saudi blogger and Haidar's husband, Raif Badawi, on June 16, 2015 in Montreal. THE CANADIAN PRESS



Liberal Leader Justin Trudeau poses for a photo with a student while touring Mohawk College, in Hamilton, Ont., on Oct. 14. PAUL CHIASSON/THE CANADIAN PRESS

## Students lobby government

LIBERALS

### Youth voter turnout up by about 10 per cent since 2011

Student groups say young voters — a group that typically registers some of the lowest turnout levels in the country — cast more ballots in last week's federal election than they did four years ago.

The Canadian Alliance of Student Associations estimates that youth voter turnout was up by about 10 per cent since 2011, based on consultations with member campuses.

The exact number won't be known until Elections Canada

releases detailed breakdowns of voter turnout in the coming months.

Elections Canada numbers show 70,231 people came out to special offices set up on 38 campuses during a four-day stretch prior to advance voting, which took place over the Thanksgiving long weekend.

The offices were established as part of a pilot project to get more students out to vote.

The Canadian Federation of Students said the wait time at some campuses was as long as an hour: More than 400 students crammed the special office on the Ryerson University campus in downtown Toronto on the Wednesday before the long weekend, while Memorial University in St. John's saw 1,100 students line up out the door on the last day the office was open.

CFS national chairperson Bilan Arte said the numbers help to undermine the reputation of young people as politically apathetic.

The figures have emboldened student groups to lobby the incoming Liberal government to make it easier to pay for post-secondary school and to create jobs for young people upon graduation.

Viviane Bartlett, CASA interim executive director, said students believed they had their voices heard during the election and her group "will be here to ensure the government continues to listen during their four-year mandate."

The Liberals have made sweeping promises to make it easier for students to pay for school and to get a job upon graduation.

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### IN BRIEF

#### Federal assisted-death panel should be disbanded: Advocacy

A three-member federal panel on doctor-assisted death should be disbanded, two advocacy groups say.

Dying with Dignity Can-

ada and the B.C. Civil Liberties Association put forward Thursday a blueprint with recommendations for leadership on physician-assisted death, including a call for the panel to halt its work.

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# China to allow two children per couple

## POPULATION

### Decision ends unpopular one-child rule after 35 years

China said Thursday it would allow all married couples to have two children, signalling the end after 35 years to its drastic and unpopular "one-child" policy that has been blamed for skewing the gender balance, forcing women into unwanted abortions and bringing about a rapidly aging workforce.

The decision was the most significant easing of strict population policies that were long considered some of the ruling Communist Party's most onerous intrusions into family life and had been gradually relaxed in recent years. Many rural families and some urban ones were already able to have two children.



A Chinese woman plays with her grandchild at the Ritan Park in Beijing. THE ASSOCIATED PRESS FILE

The news elated 36-year-old Su Weihua of Guangzhou, who said she now plans to get pregnant next year and that she is eager for her eight-year-old daughter to have a sibling.

"I have looked forward to this for so many years — even had

dreams about it! I cried every time when I woke up and realized it wasn't yet true. I thought it was so unfair," Su said.

The party's Central Committee said in a statement that the decision was "to improve the balanced development of

population" and to deal with an aging population.

The official Xinhua News Agency said the proposal must be approved by the top legislature before it is enacted, which is essentially a formality.

The move may not spur a huge baby boom, however, in part because fertility rates are believed to be declining even without the policy's enforcement. Previous easings of the one-child policy have spurred fewer births than expected, and many people among China's younger generations see smaller families as ideal.

Demographers worry the change will not be in time to reverse the declining fertility rate.

China, which has the world's largest population at 1.4 billion people, introduced the one-child policy in 1979 as a temporary measure to curb a then-surge population and limit the demands for water and other resources.

THE ASSOCIATED PRESS

## GREECE

### Locals rush in to rescue migrants

An autumn chill had set in when the wooden boat, packed with families from Syria and Iraq, set out on the short crossing from Turkey to the Greek island of Lesbos and the promise of a new life in Europe.

Partway across, it capsized, triggering a scene of panic, confusion — and compassion — in a dramatic rescue.

A Greek Coast Guard vessel sped to the site of the latest migrant catastrophe on Europe's doorstep. So did an array of volunteers, including Spanish lifeguards and Turkish fishermen, who crammed dozens of dis-

traught people onto the decks of their small boats.

The Greek Coast Guard said 242 people were rescued in the operation Wednesday night, including at least 18 children. At least seven people died, and more than 30 are missing.

So far this year, more than 300,000 migrants have reached the island of Lesbos.

Manolis Galanakis, a local fisherman, said the actions of people smugglers who loaded the boats were "a crime against humanity."

"They just get money to put those people on boats to be dead," he said. THE ASSOCIATED PRESS



A Syrian refugee rests after arriving at the port of Piraeus from Lesbos on Thursday. THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

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## SYRIA

# Peace talks hinge on dictator's future

The success or failure of the Syrian peace talks this week is tied to the fate of one man who's not even at the table: President Bashar Assad.

Neither Assad nor any of his representatives are in Vienna, where U.S. Secretary of State John Kerry and senior diplomats from almost 20 other countries began negotiations Thursday. But his future is at the heart of all the talks.

The broad group of govern-

ments — an unprecedented collection of countries on the Syria issue — is looking for a plan that might convince Syria's government and its Western-backed rebels to agree to a national ceasefire and start a long process of "political transition."

Even bitter foes Iran and Saudi Arabia will be sitting at one table along with their powerful partners, Russia and the United States. That reflects the urgency all parties

say they're attaching to finding a peace formula.

It's mostly about Assad.

Since the start of Syria's unrest four years ago, his future has been a stumbling block to all efforts aimed at ending the fighting. U.S. President Barack Obama demanded that Assad leave power in 2011. Russia resisted the push by blocking attempts at the United Nations to pressure the Syrian leader and insisting that any new gov-

ernment only be established by mutual consent of both the government and the opposition. That essentially gave Assad veto power over his own would-be replacements.

The United States and its Arab and European allies have since tempered their calls, suggesting that Assad can remain in office for months as part of the transition if he agrees to resign at the end of the process.

THE ASSOCIATED PRESS



People do their best to get through a flooded street after heavy rain fell in Baghdad on Thursday. KARIM KADIM/THE ASSOCIATED PRESS

## Weather woe in Baghdad

## IRAQ

### Rare heavy rain overwhelms infrastructure battered by war

"Grab a boat from Baghdad and it will take you straight to Greece," reads a joke being shared on social media.

But Baghdad residents may not have been in the mood for humour after waking up to knee-deep floodwaters that seeped into homes and paralyzed parts of the city.

Blocks of ice, the type usually sold on outdoor stalls, floated down the streets of Baghdad's Sadr City neighbourhood as men trudged through muddy water, trying to assess the damage.

The rare rainstorm began late Wednesday and continued into Thursday, dumping heavy rain on the Iraqi capital and across much of the country. The Iraqi government declared Thursday a holiday to ease the burden on people who may otherwise struggle to get to

work and school. The stormy weather has been forecast to continue throughout Friday and Saturday.

Police and security forces were deployed in Baghdad — a city of about 5 million people — to help citizens navigate the floodwaters.

Security forces have been stretched thin battling the Islamic State militant group since last year, so the battle with Mother Nature was something out of the ordinary.

Old and inadequate drainage systems have long been an issue in Iraq and among the complaints of citizens who have been protesting for better basic services and an end to corruption. Calls for reform have intensified since the summer, when scorching temperatures led to chronic power cuts.

Iraq's power, communications, water, sewage treatment and health facilities were severely battered during the 1991 U.S.-led Gulf War, and then again in the 2003 invasion. In between, stringent UN sanctions severely limited the country's ability to rebuild.

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## MIDDLE EAST

### Israeli soldiers kill two Palestinians in Hebron

Israeli forces on Thursday shot and killed two Palestinians, including one who stabbed a soldier, Israeli authorities said, the latest in a string of clashes in the volatile West Bank city of Hebron.

In recent days, Heb-

ron has become a focus of clashes following six weeks of Israeli-Palestinian violence. The city, where several hundred Jewish settlers live in fortified enclaves amid tens of thousands of Palestinians, is a frequent flashpoint of unrest.

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## SPONSORSHIP

# Teen off team over feud

A soccer club on northern Vancouver Island has red carded a 14-year-old girl, barring her from playing on an elite team in a dispute about a sponsorship deal with a salmon-farming company.

The Upper Island Riptide club announced Thursday it could not reconcile its differences with Freyja Reed and, as a result, had "parted ways" with the teen goalkeeper.

Freyja and her mother Anissa Reed, who live in Comox, B.C., oppose open net-pen salmon farming and have been at odds with the club over a sponsorship deal announced in August with Marine Harvest Canada, one of the world's largest salmon-farming companies.

Riptide spokesman Sean Arbour said there was a "hiccup" with the Reeds over the club's code of conduct and the mother and daughter had been previously warned.

"I wish there was a manual that they gave you when you started volunteering that, 'hey, you might need to deal with this one day,' but there isn't," he said.

A club news release said the decision was "collective" and based on feedback from players, families and volunteers.

Anissa Reed said she was outraged, noting she was informed by email around the same time the news release was issued.

Reed said she and Freyja moved to Comox so her daughter could play competitive soccer but learned about the sponsorship deal in August, months after tryouts for the team.

THE CANADIAN PRESS



**Adrienne Connelly of Hamilton (above) and Holly Myers of Portland, Oregon, sew bras during a bra-making class with Beverly Johnson at her Bra-Makers Supply in Hamilton on Oct. 14.**  
PETER POWER/THE CANADIAN PRESS

# Bra-making biz supports careers

## LINGERIE

### School a global attraction for amateurs and pros alike

Sophie Ndala has watched her mother wrestle with ill-fitting lingerie her whole life and painstakingly alter oversize bras that nonetheless dug into her shoulders and provided little support.

With bra shopping a bust in their home country of South Africa, Ndala travelled thousands of kilometres to southern Ontario to learn how to help her mother — and maybe start a business herself.

She enrolled at Bra-Makers Supply in Hamilton, a sewing

store and custom lingerie school that has grown into an international attraction for both amateurs and professionals.

For nearly two decades, the store's owner and self-described "fairy bra mother" Beverly Johnson has shown women how to handcraft bras that fit bodies of various shapes and sizes using her own patterns.

Johnson, 62, launched the school — one of the only programs of its kind — after years of leading workshops across Canada and around the world.

Between her in-person lessons and new online courses, Johnson estimates she's taught more than 30,000 people to make bras. Some have gone on to start their own businesses or teach lingerie-making themselves in stores such as The Make Den in

west-end Toronto.

A recent weeklong master class on plus-size bras saw Ndala create a pale blue prototype to take home to her mother and replicate. If the undergarment fits, Ndala said she plans to start sewing some for others.

Several of her classmates already have their own lingerie lines and turned to Johnson to hone their skills.

"I really want to hit the mastectomy market," said Holly Myers, a custom bra-maker based in Portland, Ore.

"One of my aunts had breast cancer several years back and I'm also a Pilates instructor ... and I have quite a few clients who have mastectomies as well ... and they always complain about not being able to find cute bras and cute swimwear." THE CANADIAN PRESS

## IN BRIEF

### Quebec gives billion-dollar lifeline to Bombardier

Bombardier says \$1-billion US from the Quebec government will help complete development of the CSeries and restore customer faith in the delayed and costly commercial jet program.

The Montreal-based company lost US\$4.9 billion, tied mostly to large writedowns in the CSeries and abandoned Learjet 85 business jet programs, along with operating results that were substantially below already low expectations. Up to 20 of the aircraft will be built next year. THE CANADIAN PRESS

### Eleven housing markets overvalued: CMHC

A growing number of Canadian housing markets are overvalued, either because the cost of buying a home has ballooned or underlying economic conditions don't support current prices, according to a new report from the federal housing agency.

Canada Mortgage and Housing Corp. found evidence of problematic conditions in Toronto, Winnipeg, Saskatoon and Regina. All four of those markets show signs of overvaluation. THE CANADIAN PRESS

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### LEGAL NOTICE

### Notice of Hearing For Permanent Guardianship Order To Brian Yates


Take notice that on the **9th day of November 2015 at 1:30 p.m.**, at Calgary Family Court, Courtroom #1207, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **July 16, 2015**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. **You will be bound by any Order the Judge makes.**

You have the right to appeal the Order within 30 days from the date the Order is made.

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# GET READY for Winter



# metr VIEWS

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Weekend, Oct. 30-Nov. 1, 2015

FACE OFF

## Which voting system should Canada use?

Within 18 months of taking office, prime minister-designate Justin Trudeau has promised federal electoral reform. But what are our choices? Four experts weigh in.

### OPTION 1 Single Transferable Vote

**How it works:** Each riding has multiple seats (perhaps five), and every voter ranks candidates first to last. Each person's vote counts initially toward their first choice and, as votes are counted and candidates either win or are eliminated, the vote is transferred to the voters' next-most-favourite candidate until there are five candidates left standing.

**Where it's used:** Ireland, Malta



**CHAMPION: Nick Caruana**  
Ph.D. candidate, Political Science  
University of Western Ontario

Single Transferable Vote is an effective compromise between what we like about the current system and what we want from a proportional system. It changes two things about the ballots we use. First, you rank candidates. You can choose many or just one. If your first-choice candidate comes in last, they're eliminated, and your vote counts towards your second choice, and so on. Secondly, ridings have more seats. Imagine squishing five ridings together to make one riding with five MPs. A major party will run five candidates, hoping for all the seats, while a fringe party may only run one. STV combines the local representation and accountability of the current system with better proportionality between the votes a party gets and its share of seats. And it lets voters give more information about what they want. Torn between two parties, or want to vote for a party and a local candidate you like from a different party? Rank both!

### OPTION 2 Proportional Representation

**How it works:** Voters vote for a party, and the number of seats that go to each party is proportional to its vote share.

**Where it's used:** Germany, New Zealand, the Netherlands



**CHAMPION: André Blais,**  
Professor, Political Science  
Université de Montréal

Proportional Representation is the only system that delivers fairness; that's its greatest virtue. The percentage of Parliament seats a party gets is more or less equal to its percentage of votes. The second-greatest virtue is that PR is flexible. You can choose the version that accounts best for your other concerns. Districts can be large or small. You could have thresholds to limit the number of parties in Parliament. You could even have a mixed system with a combination of PR and some other system. A common concern about PR is that voters want to vote directly for a local candidate. Well, it is possible to have people vote for both a party and a candidate. (An example is Mixed-Member PR, where voters vote once for a party and once for a local candidate. Additional MPs who do not represent a riding sit in the House of Commons so that the proportion of seats a party holds still matches its share of the vote). The major objection to PR is that it leads to coalition governments. That is true, but coalitions have advantages. They weaken the power of the prime minister; major decisions require approval of coalition partners. And it's not true that coalition governments are unstable. European PR governments last a similar amount of time as Canadian governments do. If you believe fairness is crucial, you should support PR.

### OPTION 3 Alternative Vote

**How it works:** Voters rank candidates, who are usually affiliated with a party, first to last. If none gets a majority of first-choice votes, the second choices, then third choices, etc., are counted until there is a winner — one MP per riding. The party with the most MPs gets to govern.

**Where it's used:** Australia



**CHAMPION: Laura Stephenson**  
Associate professor,  
Political Science  
University of Western Ontario

An alternative vote system is the best option for electoral reform. It would not have a steep learning curve for voters. AV systems are similar to our current one: Voters indicate support for individual candidates and a single winner represents each riding. Our ridings would not have to change, and Canadians would continue to have a local MP in Parliament. The big difference would be how voters mark ballots. Instead of a single X, they'd rank the candidates by number. When a candidate wins with less than 50 per cent of the vote, like can happen now, a majority of voters preferred someone else. This would not happen with AV. Voting for someone with no chance of winning would not mean a wasted vote — support would be redistributed to the next-preferred option until one candidate emerged with over 50 per cent of the votes. This means any winning candidate would have the support of a majority of voters — maybe not a majority of first-choice votes, but preference over other options.

### OPTION 4 Status Quo: First-Past-The-Post

**How it works:** Voters elect a local MP, who is usually affiliated with a party. The local candidate with the most votes wins, and the party with the most winners governs.

**Where it's used:** Canada, the U.K., India, many others



**CHAMPION: Royce Koop**  
Assistant professor,  
Political Studies  
University of Manitoba

First-Past-The-Post is designed to produce clear winners and single-party majority governments, even without a majority of votes. Majority governments can pursue big, visionary projects like free trade and they last around four years. Remember the uncertainty and frequent elections caused by minority governments in the 2000s? FPTP also creates effective representation. If you have a problem with the federal bureaucracy, you can enlist help from your riding's MP, thanks to a clear, direct link between MPs and voters. But imagine if your riding was twice or three times as populous as now, and the MP didn't have resources to help? Or you had several MPs, and it wasn't clear who to contact? Other systems produce these outcomes. FPTP ensures accountability. By voting, many Canadians held the Conservatives accountable. The government fell. But imagine if they were defeated but remained in power, in a coalition, for decades. That's possible in other electoral systems.

## ROSEMARY WESTWOOD

metroview



## Docking dogs' tails? You're on the wrong side of history

The change has come — in B.C. this time, where veterinarians have voted to ban cosmetic ear cropping and tail docking for dogs.

Some breeders and dog owners aren't happy, which is unfortunate for them.

B.C. is the seventh province — and won't be the last — to outlaw cutting dogs' ears to sharp points and lopping off their tails, which supposedly gives breeds like Dobermans and Boxers their distinctive look.

This is the best kind of societal shift: originating from professionals, based on sound evidence and introduced for the welfare of the voiceless.

"I've always refused to crop," says Dr. Nicole Gallant, president of the Canadian Veterinary Medical Association, which supports the bans.

The group states that studies show cropping and docking are medically risky and offer no "welfare or medical benefit" — a claim kennel associations make. It also calls on breed associations to remove surgical modifications from their standards.

There might be "a few generations of dog who won't win in the ring" at shows, Gallant noted, but the shift "is coming."

Gallant is careful to say she assumes most owners and breeders love and care for their pets.

"A lot of this is about educating people and discussing what these surgeries are and

why we're choosing not to do them," she said. "Opinions are pretty strong on this."

Indeed. The Canadian Kennel Club objects to B.C.'s ban, and owners in other provinces have claimed (unconvincingly) the bans infringe upon their rights.

The debate is an old, stubborn one: Europe is ahead of us, and the U.S. behind. But even there, states such as New York and Vermont have considered similar bans. In response, the American Kennel Club is calling on "fanciers" to pressure their senators and owners to pressure their vets.

It's not surprising a group of people dedicated to "preserving breed character" are wary of change. But there is some irony: they breed dogs to be aggressive (say, Dobermans) and then cut the dogs' floppy ears because that aggression could cause ear injuries in a fight. As for "character," google "Doberman with floppy ears" and try to find that menacing.

Surgery advocates offer varied and lengthy defences — but consider the source.

Vets have nothing to gain by upsetting breeders and owners. Breeders and owners, on the other hand, have reputations to maintain. And adopting new practices would be admitting they were wrong in the past.

Few like being wrong. But there's only one winning side here. You can lose, or you can change.

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## Don't need brains to figure it out

### HORROR

### Modern zombie movies owe big debt to Night of the Living Dead

**Richard Crouse**  
For Metro Canada



Movies like World War Z, Zombie Women of Satan and this weekend's comedy-horror Scouts Guide to the Zombie Apocalypse — the story of three Scouts who must bond to save their town from a zombie outbreak — owe a debt of gratitude to Night of the Living Dead.

In 1968, the story of story of people trapped in a rural Pennsylvania farmhouse trying to survive an attack by reanimated ghouls dragged a bloody new horror genre into the marketplace.

For better (see Re-Animator) and for worse (see Zombie Nightmare) the movie Rex Reed called "a classic" has spawned almost five decades of brain eating and head explosions, but according to the film's co-author John Russo, the origin of the idea was anything but sinister.

"Sometime in the winter of 1966 George Romero and I were having lunch with Richard Ricci," says Russo, then a co-partner with Romero and Russell Streiner (who has the film's most famous line, "They're coming to get you, Barbara!") in



**Night of the Living Dead has spawned nearly five decades of brain eating and head explosions, like this weekend's comedy-horror Scouts Guide to the Zombie Apocalypse.** CONTRIBUTED

The Latent Image, a commercial television production house.

"George and I were complaining about the fickleness of our commercial clients. Richard said, 'So why don't you do something about it?' I thought about it and said, 'We oughtta be able to make something better than the crap we see on Chiller Theater.'

"George right away got excited, slammed the table with his big hand, sending bottles

and glasses flying, and yelled, 'We're gonna make a movie!'"

The two batted around several ideas.

One, titled Monster Flick, was a horror comedy about teenage aliens, while another focused on flesh eating aliens.

"But we quickly discovered that we could not afford all the necessary special effects," he says, so the writing continued.

"We'd go to work late at night in separate offices, at



### MOVIE RATINGS by Richard Crouse

**SCOUTS GUIDE TO THE ZOMBIE APOCALYPSE**  
**OUR BRAND IS CRISIS**  
**TRUTH**  
**SUFFRAGETTE**

★★★  
★★★  
★★★  
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**HOW RATING WORKS**  
★★★★ SEE IT  
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★★ UP TO YOU  
★ SKIP IT

separate typewriters," says Russo. "I said right away that our story should start in a cemetery because folks found cem-

eteries spooky. I was working on a script that started in a cemetery and involved aliens coming to earth in search of

human flesh. But George took a break at Christmas time and came back with half of a story that started in a cemetery, and was in essence what became the first half of Night of the Living Dead. There were all the proper twists and turns and a lot of excitement, but George never said who the attackers were or why they were attacking.

"I said, 'I like this, George, but who are these attackers? You never say.' And he said he didn't know. So I said, 'It seems to me they could be dead people. But why are they attacking? What are they after?' Again, he said he didn't know. So I said, 'Why don't we use my flesh-eating idea?' And he agreed.

"So that's how the modern flesh-eating zombies were born!"

These days it doesn't take a lot of *braaaaaaaaaaaaaaaaaaains* to see the legacy of Night of the Living Dead. The ghoulish story is considered a classic, has spawned comedies like the box office hit Zombieland and hit television shows like The Walking Dead.

"We were absolutely dedicated toward making a movie that was true to its premise and the motivations of its characters, from start to finish," says Russo, adding, "[the movie] struck a primal chord in everybody, perhaps because of the atavistic memory of our species as easy prey for wild beasts, which we were for most of human history. We all carry the deep-seated fear of being devoured."

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# Now playing


**DRAMA/COMEDY**

## Our Brand is Crisis

**Director:** David Gordon Green  
**Starring:** Sandra Bullock, Billy Bob Thornton

Sandra Bullock stars in this political comedy drama from Warner Bros. and director David Gordon Green, and inspired by the documentary of the same name, an expose of a bungled American election campaign in South America.

**ROTTEN TOMATOES™ SCORE**

**Critics:** **39%** **Audience:** **+86%**


**HORROR/COMEDY**

## Scouts Guide to the Zombie Apocalypse

**Director:** Christopher Landon  
**Starring:** Tye Sheridan, David Koechner

Three friends who are scouts battle zombies and attempt to save their town from the undead.

**ROTTEN TOMATOES™ SCORE**

**Critics:** **NOT YET REVIEWED** **Audience:** **+89%**


**COMEDY**

## Burnt

**Director:** John Wells  
**Starring:** Bradley Cooper, Sienna Miller

Chef Adam Jones had it all — and lost it. A two-star Michelin rockstar with the bad habits to match, the former enfant terrible of the Paris restaurant scene did everything different every time out, and only ever cared about the thrill of creating explosions of taste.

**ROTTEN TOMATOES™ SCORE**

**Critics:** **34%** **Audience:** **56%**


**HORROR**

## Paranormal Activity: The Ghost Dimension

**Director:** Gregory Plotkin  
**Starring:** Chris Murray, Chris J. Miller, Brit Shaw, Ivy George

The Paranormal Activity series grows with this fifth entry from Paramount Pictures.

**ROTTEN TOMATOES™ SCORE**

**Critics:** **13%** **Audience:** **38%**


**ACTION & ADVENTURE**

## The Last Witch Hunter

**Director:** Breck Eisner  
**Starring:** Vin Diesel, Elijah Wood, Rose Leslie

The modern world holds many secrets, but the most astounding secret of all is that witches still live amongst us; vicious supernatural creatures intent on unleashing the Black Death upon the world.

**ROTTEN TOMATOES™ SCORE**

**Critics:** **15%** **Audience:** **52%**


**DRAMA**

## Rock the Kasbah

**Director:** Barry Levinson  
**Starring:** Bill Murray, Scott Caan, Bruce Willis

Rock the Kasbah is the story of "Richie Lanz," a has-been rock manager who takes his last remaining client on a USO tour of Afghanistan. When Richie finds himself in Kabul, abandoned, he discovers a young girl with an extraordinary voice.

**ROTTEN TOMATOES™ SCORE**

**Critics:** **8%** **Audience:** **40%**

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**FILM BRIEF****De Niro stars opposite Efron in Dirty Grandpa**

After playing a silver-haired intern opposite Anne Hathaway, Robert De Niro's next movie role sees the actor playing a randy, recently widowed grandfather alongside Zac Efron.

In the first trailer for the film *Dirty Grandpa*, Efron plays De Niro's straight-laced grandson charged with driving De Niro to Boca Raton, Fla.

Along their road trip, the pair stop off at heady Spring Break party spots where granddad encourages his buttoned-up, sweater-over-the-shoulders grandson to sow his oats and end the engagement to his stuck-up fiancé, played by Julianne Hough.

*Dirty Grandpa* hits theatres Jan. 22. AFP



Robert De Niro and Zac Efron in *Dirty Grandpa*. AFP

**THE TV DINNER JESSICA ALLEN**

Last Friday night, we caught bits of Game 6 — you know, the one between the Toronto Blue Jays and the Kansas City Royals? — on AM radio in our cab ride home from an event. Actually, we made one pit stop to get burritos where we witnessed Royals' third baseman Mike Moustakas make a formidable catch from a ground fly that caused Simon to pause. "That's gotta feel better than sex," he said.

The Jays may have lost, but the country feels united. And we, at least, still have baseball on the brain.

That meant one thing: watch a classic baseball-

## A classic baseball-themed movie as cinematic as Bautista's bat flip? We both knew what we craved: *The Natural*

themed movie as cinematic as Bautista's bat flip. There was much discussion: Should we start Ken Burns' 11-part documentary on the game? Or, were we in the mood for something a little more light-hearted, like *Bull Durham*, *A League of Their Own* or *Major League*?

Nope. We both knew what we craved: *The Natural* — and not just because one of us (him) is obsessed with Robert Redford's hair. The 1984 film is dear to me. It introduced me to Richard Farnsworth, who can break your heart with a single glance of his glossy blue eyes. It confirmed my love of sports movies, a passion which '79's *Breaking Away* launched. And, I think the film, beautifully shot by Caleb Deschanel, inspired my dad — who's more into Bach and Bertrand Russell than baseball — to play catch with me. Even during my

teenage years, when I knew everything, we'd go into the backyard with our well-worn gloves and toss the ball around under sun sparkle.

It'd had been a while since we'd seen *The Natural*. It has also been some time since we've eaten hot dogs for dinner. But the combination was a no-brainer. Here's the thing though: I don't like fat or fancy hot dogs. I only eat

Schneiders Red Hots, preferably burnt to a carcinogenic crisp over a fire. But Simon only likes Schneiders Juicy Jumbos. So we bought both.

Simon's favourite way to prepare hotdogs is to broil them in the oven. Because his experience with wieners is vastly greater than mine, I conceded. The toppings? Yellow mustard and raw sweet onion. That's it.

**THE MOVIE:**  
*The Natural*



**THE MEAL:**  
Hotdogs



And the movie? It was just as weird as I remembered it, although this time around Roy Hobbs' Odyssean-like voyage was more obvious because I didn't know who Homer was when I was 10.

*The Natural* shouldn't be as good as it is. A near mythical, magical bat cut from a tree that was struck by lightning? Are you kidding me? Good versus evil in the form of patient Penelope and a couple of evil-siren-like women? Get out of town! And that finale when Hobbs rounds the bases after hitting a homer that causes the scoreboard lights to come crashing down around him in a shower of effervescent glory while Randy Newman's Oscar-nominated score sweeps up your very soul? Come on!

And yet, like the game itself, somehow it is capable of becoming this canvas for the purest — and by that I mean the most irrational and beautiful — human emotions. It shouldn't mean that much. But it does. And we do a disservice to ourselves, and to the game, when we attempt to figure out why.

Jessica Allen is the digital correspondent on CTV's *The Social*.



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# Redford as Rather brings home Truth

JAMES VANDERBILT

## Director draws on acting legend to play famous news anchor

**Richard Crouse**  
For Metro Canada

Who do you get to play an icon? If you are James Vanderbilt, director of *Truth*, you hire another icon.

The story of 60 Minutes producer Mary Mapes and legendary news anchor Dan Rather's journalistic examination into President George W. Bush's military service features Robert Redford as one of the most famous reporters of the twen-

tieth century. "The movie's big buy is, 'Are you going to see Redford all the way through or are you going to see Rather?'" says Vanderbilt.

"Redford is a phenomenal actor but what he brings into a scene by just being present (is a) gravitational pull. The room turns toward him. Getting to know Dan, that's what Dan Rather is like. When Dan

Rather walks into a room, the same thing happens.

"Everybody turns into, in a good way, a teenager, because those are both voices who have been in your living room for 30 to 40 years. It's a voice of God thing they both have and that's why I really wanted Bob to do it."

Vanderbilt says the legendary actor is "very easy going,

the nicest guy you'll ever meet," but nonetheless made people on the set nervous.

"We had heads of departments who had been working in film for 30 years who couldn't call him Bob. He would say, 'Call me Bob,' and they would say, 'I'm sorry, I can't do that Mr. Redford. I'm very sorry that is not going to happen.'"

Vanderbilt is best known as a screenwriter, penning the scripts for *The Amazing Spider-Man*, *Zodiac*, *White House Down* and the upcoming *Independence Day 2*.

His screenplay for *Truth* is based on Mapes' memoir *Truth and Duty* and reveals a time before journalism was driven by ad sales and click-throughs.

"It was pre iPhone," he says. "It was a year before the iPhone came out and that is such a big thing in terms of how we connect to one another now. How we relate to each other. Journalists and everybody. It felt like a fulcrum point, kind of where we had been, journalistically, and where we are now."

His research into the story gave the director a new respect for journalists.

"I think it is a very noble profession but maybe I'm a very pie in the sky guy," he says. "I think the more young people who grow up and go, 'This is what I want to be. I want to ask questions of power,' the better. I think we, as a society, are better that way."



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**"The notion of long-form ideas, long-form journalism doesn't really exist in television anymore, in the way it did when Mary and Dan were at CBS."**

Actress Cate Blanchett, who plays 60 Minutes producer Mary Mapes, tells Metro



Cate Blanchett and Bruce Greenwood in a scene from *Truth*, directed by James Vanderbilt. CONTRIBUTED



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# Cooper shows off his chops

BURNT

## Actor realized pre-existing cooking skills wouldn't cut it

Bradley Cooper wasn't a novice to the kitchen when he decided to take on the role of the fictional Michelin star chef Adam Jones in *Burnt*.

He grew up in a food loving home near Philadelphia — some of his favourite memories are of his grandmother making pizza, cheesecakes and homemade raviolis. He was a bus boy at a Greek restaurant there, a waiter at a fancy establishment near Georgetown University, and a prep cook at an Italian and seafood place in Somers Point, New Jersey.

One day, he said, he cut and cleaned 620 chickens and nine boxes of peppers in addition to making the dough and sauces.

But he didn't tell anyone that when he started rubbing elbows with the Michelin calibre cooks he needed to learn from for this role.

"They wouldn't have cared," said Cooper, laughing. Besides, he needed to get down to work if he was going to believably portray this top chef seeking a third Michelin star. Whatever knife proficiency he thought he had wasn't exactly going to cut it under the scrutiny of professionals.

In *Burnt*, out Friday, not only is Adam Jones a savant in the kitchen; he's also got a drug habit that's left him an exile in the world of haute cuisine. While the drugs are under con-



Bradley Cooper plays a high-octane, drug-addicted top chef in *Burnt*. HANDOUT

trol for the moment, his temper is another story. Who better to learn from than the stormy Gordon Ramsay?

Cooper trained alongside Claire Smythe, executive chef of London's Restaurant Gordon Ramsay, which has three Michelin stars, for "many, many services," said director John Wells.

"All the actors had to spend the time to get fluent in the craft — not fluent enough to serve 100 meals, but fluent enough where someone else who knows how to do it wouldn't think they look ri-

diculous."

When it got down to shooting, they chose the authentic over the artificial.

BBC TV Master Chef presenter Marcus Wareing was behind the camera, both designing the menus and keeping an eye on everyone's technique.

The actors felt the stress and the pain of working in a real kitchen too — sometimes literally, with cuts and burns.

"That's real sweat. My eyes were bloodshot for half the movie. It was all real. For an actor, that was amazing. There was no stunt double. There was

no insert of another person's hands," said Cooper.

Being No. 1 on the call sheet isn't unlike being the head of a kitchen, too. Cooper needed to set the tone of the operation.

"He did exactly what any director would want him to do. He was fully prepared, had done all of his research, knew all of his lines and showed up ready to work and was as demanding as Adam," said Wells. "He was the first person on the set and the last person off."

The seriousness with which Cooper approached the role reminded Wells of another ac-

tor he'd worked with recently: Meryl Streep.

He remembers showing up for a read through of August: Osage County and Streep was already off book.

"Everyone else was like, 'Oh, uh oh, it's going to be like that, is it?' And that was the same with Bradley," he said.

"Bradley, because he's so damn good looking, people don't realize that he's really smart — fiercely intelligent. He questions things and you and everyone else had better be prepared."

THE ASSOCIATED PRESS

## Q&A

Cooper talks audience expectations and how real the kitchen experience was.

**With the amount of reality and scripted shows about chefs, do you expect a certain level of pre-existing knowledge from audiences these days?**

It's a very educated audience, and we were very aware of that. We were very conscious that we have to be as authentic as we can because people are going to be able to smell it out in two seconds. I'm not so sure how well-versed people are with the history of Michelin, but in terms of the back of the house being documented on the Food Network, whole channels dedicated to it, that's all over the place.

**How realistic was your kitchen set-up for this?**

That's a functioning kitchen. Every shot, that's me doing it for better or for worse. All the other extras that you see in the kitchen, those were all chefs who work in Michelin-starred restaurants. None of them were actors aside from Omar, Ricardo, Sienna and Sam. The rest were all chefs. And we were making food. Each day we would come into work, there would be orders that we would have that I would call out, and there would be food in the refrigerator ready to cook those meals, and we had to cook them.

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# Koechner on horror, Hannah Montana

## INTERVIEW

### The comedian dons zombie makeup in new R-rated flick

**Matt Prigge**  
Metro | New York



In *Scouts Guide to Surviving the Zombie Apocalypse*, comedy mainstay David Koechner has the misfortune of playing one of the undead — a scout leader who, when turned, won't seem to die, no matter how horrifically the teen cast tries. That means a lot of time in makeup, though Koechner — whom you may remember from *Anchorman*, *The Office* and *Hannah Montana* — didn't seem to mind.

**The zombie you play won't die. What was the hardest of the attempted murders to do?** Maybe the one where I get clubbed and burned.

**I can't imagine they tried to fake-set you on fire, though.** They've got stunt doubles. He did a great job. He has a nice sturdy back for when he got smacked with an oar. I acted that one out but I didn't have to get smacked. They love it.

**That's a good thing to put on a resume: "Can be set on fire."** It's an extra bump in pay! There are different levels for different things. That one is a good one.

**How was it being turned into a zombie, especially for what seems like a good chunk of the shoot?**

It's a choice you make. I chose to enjoy it. It's four hours of makeup. And it's working with people that operate on a very

high level. You're working with some of the best prosthetic and special effects people in the industry. It's kind of flattering. They're artists; you're their canvas. We sit around have great conversations, watch movies, listen to podcasts.

**That's how you pass the time during long makeup sessions?**

Yeah. If your eyes are going to be closed for a long time, podcasts work. But if you've got a couple hours with your eyes open, let's watch a movie.

**This is a rare film targeted at teens that is R-rated. Did you tend to go for those when you were younger?**

I wish I could have. I'm from a more button-down family. They were not fans of seeing R-rated movies. They certainly didn't take us.

**This is different from most zombie films. Usually there are traditional slow zombies or the newfangled fast ones.**

That was (director Christopher B. Landon's) design. The personality of the live person transfers over to the undead. So there's a lot of different speeds of zombies. Some are strong, some aren't; some are more aggressive, some aren't.

**Is the comedic breed the kind of horror you tend to watch?**

I'm not a big fan of horror. I get scared. They stay with me. Ever since I was a kid I would get afraid. At a young age people see it and get titillated and jazzed up. But for whatever reason I got freaked out. Maybe I get

too invested.

**The horror you've done has tended to be the darkly comic kind, like *Final Destination 5* and *Piranha 3DD*.**

Did you see *Cheap Thrills*? I wouldn't describe it as a comedy. I didn't know it had as many laughs as it did till I saw it with some festival crowds. I was shocked.

**It's more of a drama. It's closer to a play.**

Exactly. You could put that thing up as a play. It doesn't have many sets. Stage-wise, it would be easy to do. Let's do it — as a musical.

**You've done some drama, but do you see yourself doing more?**

Absolutely. I'm doing one in two weeks. It hasn't been announced yet, but it has a high-level cast. I enjoy expanding my repertoire into anything. Look, man, I did *Hannah Montana*, and I've done *Piranha 3DD*. That's a lot of f—ing range. And the kids who watched *Hannah Montana*, they're older now. I want them to see this picture and go, "Holy s—, is that Uncle Earl?"

**That's probably one of the things you're most known for.**

I went hiking with my family a couple weeks ago. There were a lot of young people climbing the mountain. It was interesting how many times you'd see kids who were just college-age, and they walked past me and whisper, "That was Uncle Earl!" It's crazy.

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David Koechner stars as a scout leader-turned-zombie in *Scouts Guide to Surviving the Zombie Apocalypse*. HANDOUT

## OUR BRAND IS CRISIS

## After string of 'wife' offers, she took role written for man

Is she going to be hot?

That's the question a studio executive asked Sandra Bullock about the lead character in a project she was pitching well into her Hollywood career.

"I looked at him and I go, 'Well, it is me, so you get what you get. You do realize that I'm pitching this for me?'" recalled Bullock in a recent interview. "He goes, 'Yeah, but I want to know, like, what is she going to wear?'"

Things have gotten a little better since then. In *Our Brand is Crisis*, out Friday, Bullock plays a role originally written for a man, and no one checked in to see whether or not the savvy political consultant character was going to be a bombshell, too.

But this is the exception. Bullock's conversation with the studio executive remains an all-too-familiar scene for actresses in Hollywood, where sexist presumptions are engrained in the culture.

Then there's the matter of substance with roles for women. Bullock can't remember how many times she's had to listen to a writer try to explain how



# Never mind the bollocks: Bullock plays politics

"the wife" is really the heart of the movie.

"I know what that means. That means you're going to be underwritten and you're just going to be the wife waking up in bed with the husband and

making the coffee," she said. "If you say that I'm the heart of the piece, I'm going to (expletive) clock you."

That's why Bullock and her agent started looking at roles for men.

After all, male characters don't always have to be likable. Their comedies don't have to be of the romantic variety. And the first question from studio executives probably isn't going to be "Is he hot?"

When Bullock read the unproduced screenplay for *Our Brand is Crisis*, she decided to call longtime friends George Clooney and producer Grant Heslov to see if there was any chance they might consider her

for the lead — an amoral, Sun Tzu-quoting political consultant who's come out of retirement for a showdown with an old rival. They said yes.

To adapt the part, they changed around some pronouns, they gave the character a woman's name, and they added some sexual innuendos with her foe (Billy Bob Thornton). But overall, it remained as originally written.

Part of that is the strength of screenwriter Peter Straughan's script, said Thornton. The transition from male to female was easy because it was never a type to begin with — the gender was almost incidental.

"I tend as a writer to not identify characters unless there's a reason for it," said Thornton. "(Straughan) wrote it as a person."

From there, director David Gordon Green and his actors could focus on the big ideas in this satirical story about a failing Bolivian presidential candidate and the American lackeys hired to try to manipulate his image and a country for the win.

As someone whose father worked in the Pentagon, Bullock understands the allure of stories about the underbelly of politics. The do-anything candidates and unscrupulous mercenaries in *Our Brand is Crisis* are especially resonant now, she notes. THE ASSOCIATED PRESS



Zoe Kazan HANDOUT

## INTERVIEW

## Zoe Kazan brings the laughs

Matt Prigge  
Metro | New York



Zoe Kazan tends to play serious, or if it's a rom-com, like *What If*, quasi-serious.

But in *Our Brand is Crisis* she gets to play a character whose primary function is to act as a comic foil. She's LaBlanc, the crafty right-hand person of Sandra Bullock's political advisor, who's lent her services out to a probably crooked Bolivian politician (Joaquim de Almeida) who's race isn't going so well.

**LaBlanc is unusual for you, because she's mostly a comedic character.**

That was part of it — the idea of getting to play this enigma. I had also accidentally done a lot of romantic comedies. I was just tired of that genre. I liked the idea of being able to do something about a bunch of people using their minds. And there was getting to speak Spanish in a movie. It's a lan-

guage I grew up speaking, which I never get to use.

**Given your character primarily serves as a translator, I assume that helped you get the role.**

I auditioned for the part. I had to improvise in Spanish in the audition. I think everyone thought I was much better at Spanish than I actually am. My accent is good; it fools people.

**This is technically a political film, but it's more along the lines of *Veep* or *In the Loop*.**

I don't think there are overt politics to the film, and I think that notion is partly what the movie is about. These people are people who are working in the political field who are not doing it because they're passionate about this or that cause. It's because they're passionate about winning.

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## HOT 100

# Sorry, chart-topping Canucks not calling it in

Canadian musicians hold down the top four spots on the Billboard Hot 100 for the first time in the 60-year history of the U.S. singles chart.

The Weeknd (aka Abel Tesfaye) is at the top of the charts for the second week straight with *The Hills* from his *Beauty Behind the Madness* album. His *Can't Feel My Face* was in the top and third spots earlier this month.

Rapper Drake's song *Hotline Bling* was in second spot, fol-

lowed by Justin Bieber's *What Do You Mean* (the song was earlier in the top spot). Shawn Mendes is in the No. 4 spot with *Stitches*.

While it's a first for Canadians to nail down the top four spots, Canucks have done well in the past. On Feb. 12, 1994, *All for Love* by Bryan Adams dropped from No. 1 to No. 2 spot, replaced by *The Power of Love* by Celine Dion.

On May 5, 2007, *Give It to Me* by Timbaland (featuring Nelly



Justin Bieber GETTY IMAGES

Furtado) dipped to No. 2 after two weeks atop the chart, replaced by *Girlfriend* from Avril Lavigne.

In 1978, Canuck Nick Gilder's *Hot Child in the City* was replaced atop the charts by Anne Murray's *You Needed Me*.

Toronto-born bandleader Percy Faith's *Theme for a Summer Place* and pop star Paul Anka's *Something Happened* were in the Top Ten together the week of July 2, 1960.

TORSTAR NEWS SERVICE



Karen O is crafting a new theme song for the latest *Tomb Raider* video game. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

## Karen O rises again

## SOUNDTRACK

### Yeah Yeah Yeahs singer pens theme for Tomb Raider

Yeah Yeah Yeahs frontwoman Karen O, who was nominated for a best original song Academy Award last year for *Moon Song* from *Her*, has created a new theme song for the video game heroine Lara Croft that will be featured in *Rise of the Tomb Raider*, the forthcoming follow-up to the 2013 title that rebooted the action series.

"I think they wanted to bring on the melodrama with this song," said Karen O during a recent interview. "They wanted something emotional with a dramatic build. It's kind of the theme of Lara's creation myth, the moment that defines her becoming an icon. It was really juicy stuff for me. I'm really into making melodramatic songs."

The track, titled *I Shall Rise*, will be released digitally and featured at the end of *Rise of the Tomb Raider*, as well as in an advertising campaign for the game, out Nov. 10 for Xbox 360 and Xbox One. Karen O, who also created the soundtrack for *Where the Wild Things Are*, said working on the tune was not

unlike creating music for films.

"I just focus on the material I'm given and tune into the emotions of the piece," said Karen O, who is joined by guitarist David Pajo on the track. "I've always been inspired by films and storytelling. I was in film school before the Yeah Yeah Yeahs became my career. I've always connected with mixing narrative and music together."

When she originally set out with producer Tristan Bechet to make the song, Karen O hoped to create an anthem similar to Gloria Gaynor's *I Will Survive*. Despite making a song for a *Tomb Raider* game, she was more inspired by changing diapers then hunting for treasure. Karen O became a first-time mother in September.

"I'm in this massive transition where I just brought a life into the world," she said. "It's redefined my concept of myself. I kind of got reduced to rubble in the process of it. I feel like I can relate to a heroine who is up against all kinds of physical and emotional adversity. I have this new perspective on women and motherhood."

Karen O said she's solely focused on raising her son at the moment, so it's unlikely the Yeah Yeah Yeahs will be getting back together in the near future. The rock band released their last album, *Mosquito*, in 2013.

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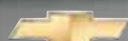
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# Life, death, and the Heart of a Dog

## INTERVIEW

### Laurie Anderson looks at mortality in surreal film

Mere words really aren't up to the task of articulating the strange, surreal beauty and poetic existential depth of Laurie Anderson's fascinating new feature, *Heart of a Dog*, so it's almost a relief to hear its creator declare the hallucinatory inadequacy of language as one of this emphatically "semi-" semi-autobiographical picture's central motifs.

"One of the reasons that this is a film is it's very much about the fallibility of words and stories," says the veteran multimedia artist and experimental musician down the line from New York City. "Of course, I'm talking about myself and my mother and my dog and my friends, but those are just ways to talk about how we make this stuff up, what happens when you repeat it and when you forget it, how that story gets made and also how real it is. You can start believing your own words pretty easily."

*Heart of a Dog* is not quite a "feelie" in the Huxleyan sense, but it's definitely a work that one feels and processes intuitively at a level beyond the reach of language, just like the intellectually elusive topics of life, love, death, dreams, memory and the bond between human and pet touched so tenderly upon therein.

Although Anderson narrates in the deadpan cadence with which anyone who's ever heard O Superman will at least be tangentially familiar, her oozing,



From one simplistic angle, *Heart of a Dog* is an arty eulogy to Anderson's late rat terrier Lolabelle. CONTRIBUTED



**One of the reasons that this is a film is it's very much about the fallibility of words.**

Laurie Anderson

violin-and-electronics soundtrack and a watery blur of images — most of them shot or animated or exhumed from the Anderson family's 8 mm archives by Anderson herself — generally leave it up to viewers to connect the

film's philosophical dots themselves.

Death, in particular, weighs heavily upon *Heart of a Dog*. It could be viewed from one simplistic angle, in fact, as an overly arty, 75-minute eulogy

to Anderson's late rat terrier, Lolabelle. The passing of that beloved, keyboard-playing canine companion, however, really just serves as a catalyst for much probing, thoroughly Buddhist meditation upon her own life and mortality, as well as upon the losses of several human beings dear to her heart.

Architectural deconstructionist Gordon Matta-Clark gets a fond mention for a "wonderful death" spent reading aloud to his friends for 24 hours, for instance. Anderson's mother addresses unseen "animals above the ceiling" during a deathbed speech to her eight offspring early in the film, thereby unintentionally supplying a daughter "touched

by the effort she was making to put things into words at that point and also how words were completely inadequate to what she was trying to say" with one of *Heart of a Dog*'s thematic threads.

Recently departed husband Lou Reed, meanwhile, flickers spectrally into the frame three times without ever actually being named until a dedication appears as *Turning Time Around* plays over the closing credits.

All of this begs the question of whether *Heart of the Dog* — which premiered in September at the Toronto International Film Festival and comes to select theatres this fall — functioned as a cathartic sort of grieving mech-

anism for Anderson. She doesn't think so.

"I suppose that understanding how your 'self-work' works helps a lot, but I don't think I made this as a way to do that," she says. "I never really start out to solve problems, in the same way that I don't think, for example, that art that is political is any better than art that isn't."

"And also there's the question of 'Do you think art makes the world a better place?' To me, that just seems like a crazy, 19th-century way to think about it because you have to think about: 'Better for who? Better for you and your friends? Better for the art world? What are you talking about? Is it curing you and your own grief? And how could you do that, anyway?'"

Its mortal preoccupations aside, Anderson has made an oddly lighthearted film that, she hopes, also celebrates "life and love and that kinda thing" in the face of the inevitable, unknowable void. And she's right in pointing out that *Heart of a Dog* is no less death-obsessed than most of the more marketable box-office fodder out there.

"I don't know, is it more about death or less about death?" she says.

"I've been going around to some film festivals and looking at how much death is in the other films, and it's been a lot. Counting them in Black Mass, there's a lot of them ..."

"When you think about how much death is in most films, it's really kind of amazing. And it's also followed by kind of nothingness. You know, somebody gets strangled and it's on to the next scene. That's it."

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Clara Venice's show features 'hologlamour' projections of herself playing various instruments. CONTRIBUTED

# Musician's multiplicity a marvel to behold

## INTERVIEW

### Clara Venice plays 72 instruments on her new album

**Kris Abel**

For Metro Canada



Of the 72 musical instruments played by Clara Venice on her new album *Electric Dream* it's the Theremin that she's connected to most.

"To me it's just the most magical instrument" she says excitedly, "it can mimic a voice, a guitar or a violin."

Invented in 1920, the Theremin is known for producing eerie sounds when you hold your hands near two antennae to complete an electric circuit, but in Clara's expert hands it delivers a warm scenery of grooves that matches the way she sways her hips and bops to the crowds on stage.

"It's a sound that most people know from science fiction movies, but it can actually do so much more" she explains.

"I've got a solo on the album that people honestly think is an electric guitar until it gets to the very end and it's sliding around in a way that wouldn't be possible."

With her pink hair, Minnie Mouse leggings, and cuddly-bear Laplander hat she enthuses delights that seem simple and easy, but they grow from a sophisticated curiosity. In her songs her characters read Yates even as they surprise each other with

Skittles and her album is full of sounds from the largest collection of rare instruments in the world, the National Music Centre in Calgary.

"They basically just let me go crazy" she says of her residency there which gave her access to an electric violin, ukulele, glockenspiel, and an exotic instrument called the Buchla Lightning. "It's an instrument you play with two magic wands" she says with delight.

She's toured with the Barrenaked Ladies and performed this past summer at the Beakerhead festival in Calgary where she debuted a stage system incorporating four pre-recorded "Hologlamour" projections of herself.

"It's kind of like the Spice Girls, but more the Space Girls" she says of her green screen-generated band, needed to share her many instruments. "There's four different personas: one of them is the guitar player, one of them is the keyboard, one of them is a string player, the other plays ukulele, and they accompany me as I sing and perform live on the Theremin."

Each virtual clone gives Clara a chance to come up with new identities through colourful wigs, clothes, and moves. VJ and programmer Owen Denham helped orchestrate the live experience which also includes inter-planetary vistas and virtual rabbits captured in advance also using a green screen technology.

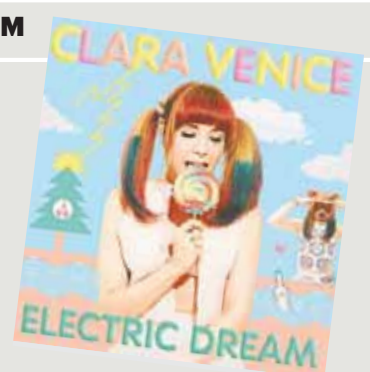
"I want to create music that becomes your environment" she says of her new album *Electric Dream*, "I want something that will envelop you, hug you, and move you along throughout your day."

## THE ALBUM

If you want to hear more:

- *Electric Dream* is available now through iTunes

- Tour updates: [claravenice.com](http://claravenice.com)



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# Only Winnipeggers get it

## HORROR MOVIES

**World said film no good, but one city begs to differ**

**Alan Cross**  
For Metro Canada



Forty years ago, two movies were released to massive public indifference.

One would later become a worldwide cult phenomenon that has since grossed more than \$440 million. The other also became a cult favourite but on a — ahem — slightly smaller scale.

That first movie, *The Rocky Horror Picture Show*, has never officially been pulled from theatrical release by 20th Century Fox and continues to screen all over the world.

The second film also lives on, but only in one place: Winnipeg.

*The Phantom of the Paradise*, Brian De Palma's schlocky rock 'n' roll riff on *The Phantom*



**The Phantom of the Paradise, Brian De Palma's schlocky rock 'n' roll riff on *The Phantom of the Opera*, continues to be an inexplicable cult hit in Winnipeg.** HANDOUT

of the Opera, tells the story of poor Winslow Leach, who, after being disfigured by having his head squished in a record press, has his music stolen by the evil Swan, played by the diminutive Paul Williams, best known at the time for writing hits for The Carpenters and Barbra Streisand, and who would soon gain

fame for writing Rainbow Connection for Kermit the Frog. Swan also steals away Phoenix, the object of Leach/The Phantom's unrequited love. It all ends very badly for everyone.

For reasons that baffle cinephiles, musicologists and sociologists, *Paradise* grabbed on to the good people of Winnipeg

upon its release in 1974 and never let go. While the film was bounced from theatres within a week or two in most cities, it ran for months in Winnipeg. The city bought more than 20,000 copies of the soundtrack. And passion for the movie continues to run very, very deep.

Every couple of years, Win-

nipeg's love for *Paradise* is renewed with a gathering called *Phantompalooza*. This Friday night, *Paradisers* will once again assemble at the Metropolitan Entertainment Centre, not far from the old Garrick Theatre where the movie first played in 1974. The guest of honour will be Peter Elbling, the lead ghoul of The Undead, one of the film's fictional bands. The city is freaking out at the prospect of seeing the man who sang *Somebody Super Like You*.

I will be there. My sister is performing in the event's house band. A lot of my old friends will be attending. None of us can explain it; this is just something Winnipeggers do.

Several years ago I cornered Williams backstage at a Canadian Music Week event. I had to tell him that I considered *Paradise* to be one of the greatest movies I'd ever seen as a kid.

Williams, who has the tiniest feet I've ever seen on a grown man, looked up at me with a weird expression. "Why?"

"I'm from Winnipeg," I replied.

"Oh," he said. "That explains it."

## MUSIC BRIEF

### Swift countersues radio host in groping incident

Taylor Swift filed a counterclaim Wednesday against a former Denver radio host who sued her after he said he lost his job because of false accusations that he inappropriately touched her during a pre-concert meet-and-greet.

David Mueller sued Swift in September, saying he was falsely accused by a member of her security team of grabbing the singer's buttocks backstage. Mueller, who denied any inappropriate contact, said he was fired two days later from his job at KYGO radio.

According to Swift's counter argument, Mueller claims that one of his superiors at the radio station committed the alleged assault. But Swift,

25, accuses Mueller solely. "Ms. Swift knows exactly who committed the assault — it was Mueller," Swift's attorneys wrote in the counterclaim. THE ASSOCIATED PRESS



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# TV exorcism to be broadcast live

## PARANORMAL PROGRAMMING

### Destination America network aims to attract eyes

The Destination America network's Exorcism: Live! on Friday could turn out to be either the scariest pre-Halloween program on television or the ghostly version of Al Capone's vault. There isn't much middle ground.

The mostly live, two-hour telecast will culminate in an attempt to rid a suburban St. Louis home of supposed malevolent spirits. The boy who was the subject of the head-turning 1949 exorcism immortalized in William Peter Blatty's 1971 book, *The Exorcist*, and subsequent movie, briefly lived in the Bel-Nor, Missouri house.

"This, to me at least, is probably the quintessential American horror story," said Henry Schleiff, group president at Discovery



This Missouri home was the site of an exorcism in 1949 and inspiration for the film, *The Exorcist*. DESTINATION AMERICA VIA AP

Communications who oversees the network, and is no stranger to colorful promotions. At Investigations Discovery, he ran a *Wives With Knives* marathon one year as counter-programming on Super Bowl Sunday.

Only three years old, Destination America is available in about half of the nation's TV homes. It has established a specialty in programs about the paranormal like

Ghost Asylum and *A Haunting*, and is looking for some major attention. Schleiff brought up Capone's name unbidden, to promise Exorcism: Live! will be different. The reference to Gerardo Rivera's 1986 special where he opened the gangster's vault to find next to nothing has become shorthand for much-hyped television programs that fail to deliver. THE ASSOCIATED PRESS

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Celeb chef Jamie Oliver



Jamie Oliver's TV series, **Jamie's Super Food**, airs Sunday on Food Network Canada. BEN PRUCHNIE/GETTY IMAGES

## Super food champion

### HEALTHY EATING

**Oliver says new PM can create a national child health strategy**

Jamie Oliver is calling on Canadians to push Justin Trudeau to develop a strategy for child nutrition, including more education, a crackdown on junk food advertising and better labelling on food products.

"You're in a really exciting time because you've got a new prime minister and that means hope and possibility, but no one's talking about what the strategy is for child health in this country," said the British celebrity chef during an interview in Toronto.

"I think that's a bit worrying.... Should all kids in Canada learn how to grow and cook at school? Because they should. And to not is wrong, and to not is damaging to the economy in the future."

The outspoken advocate for better food education around the globe thinks Canadians should demand more from the new incoming Liberal government.

"The moms and dads and the teenagers of Canada need to ask for that because if we don't ask, we'll just crack on with work and that's a problem."

Oliver was in Toronto to

promote his new cookbook, *Everyday Super Food* (HarperCollins), and TV show, *Jamie's Super Food*.

Although he's not averse to using bacon and beef in his recipes, he "completely supports" the World Health Organization's recent declaration that processed meats raise the risk of colon and stomach cancer and that red meat is probably also harmful.

"The message from the World Health Organization is 'Wind it back, guys. You're eating too much of it,'" Oliver said.

"Processed meats are a joy and a pleasure," he added, but they can be high in salt, fat, and preservatives. "Bit of bacon for breakfast, bit of ham in a sandwich for lunch, and a nugget or a burger for dinner. We repeat that and it causes disease and that's what they're saying."

In his new cookbook and TV series, which airs Sunday on Food Network Canada, Oliver focuses on using simple everyday ingredients that have health benefits when cooked together.

"There's no golden bullet. There's no one thing that fixes everything or has everything. Even things that are very, very good and nutrient dense are not complete in everything you need, so it's really about the context of bringing a cluster of various things together to make a wicked dish," said Oliver.

THE CANADIAN PRESS

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# McKean takes a bite out of food fictions

## FACT OR FICTION

### New TV series tackles food and diet myths with humour

**Ned Ehrbar**  
Metro | Hollywood



Michael McKean goes from Spinal Tap, Best in Show and Better Call Saul to the Cooking Channel for the new Food: Fact or Fiction, channeling a passion for food into tackling some famous misconceptions about what we eat.

Except he doesn't really have a passion for food, it turns out.

#### What was it about food myths that sparked your interests?

It seemed to me that there were some interesting questions about the things that we know, not even just in the world of food. In the things that everybody knows, there are a lot of things that nobody knows because they're too busy thinking that they do know it.

Some things are just axiomatic — "breakfast is the most important meal of the day." Well yeah, unless the other two are more important. The idea of eating a big breakfast is kind of a new-ish one.

**Were there any revelations that really surprised you?** Yeah, dozens of them. There are still some mysteries which I will never get a satisfactory explanation of, like

## FOOD FOR THOUGHT

### Would you say you've always had a passion for food?

No, I wouldn't say so. I was not an eater when I was a child. Between the ages of 1 and 4, I gained one pound, and my parents thought I was trying pass away because I didn't eat.

I ate peanut butter and rice pudding and Wonder Bread with jelly on it — terrible, terrible things, but it kept me alive. Until I was 30 I

never gained weight. Then I guess I started eating more regular because I was making a good living.

I will enjoy food, but I'm not a real fancy Dan. I've gone to high-end restaurants and had good food and everything, but I really think if somebody makes a great steak chili or an amazing meat sauce on pasta — I'm a very easy guy in that way.

NED EHRLAR/METRO HOLLYWOOD



why people eat oysters in any form whatsoever. These people are insane. But I guess that's a personal taste.

#### I've always felt that way about eggs. Who had that idea first?

"These things that come out of the chicken here? Let's try something!"

Or the genius Italian who was the first one to say, "You know what? These tomatoes are really good, but I bet if we cooked them we could make a sauce that would be really versatile and we could just keep it going on the stove and we'd always have something to put over pasta."

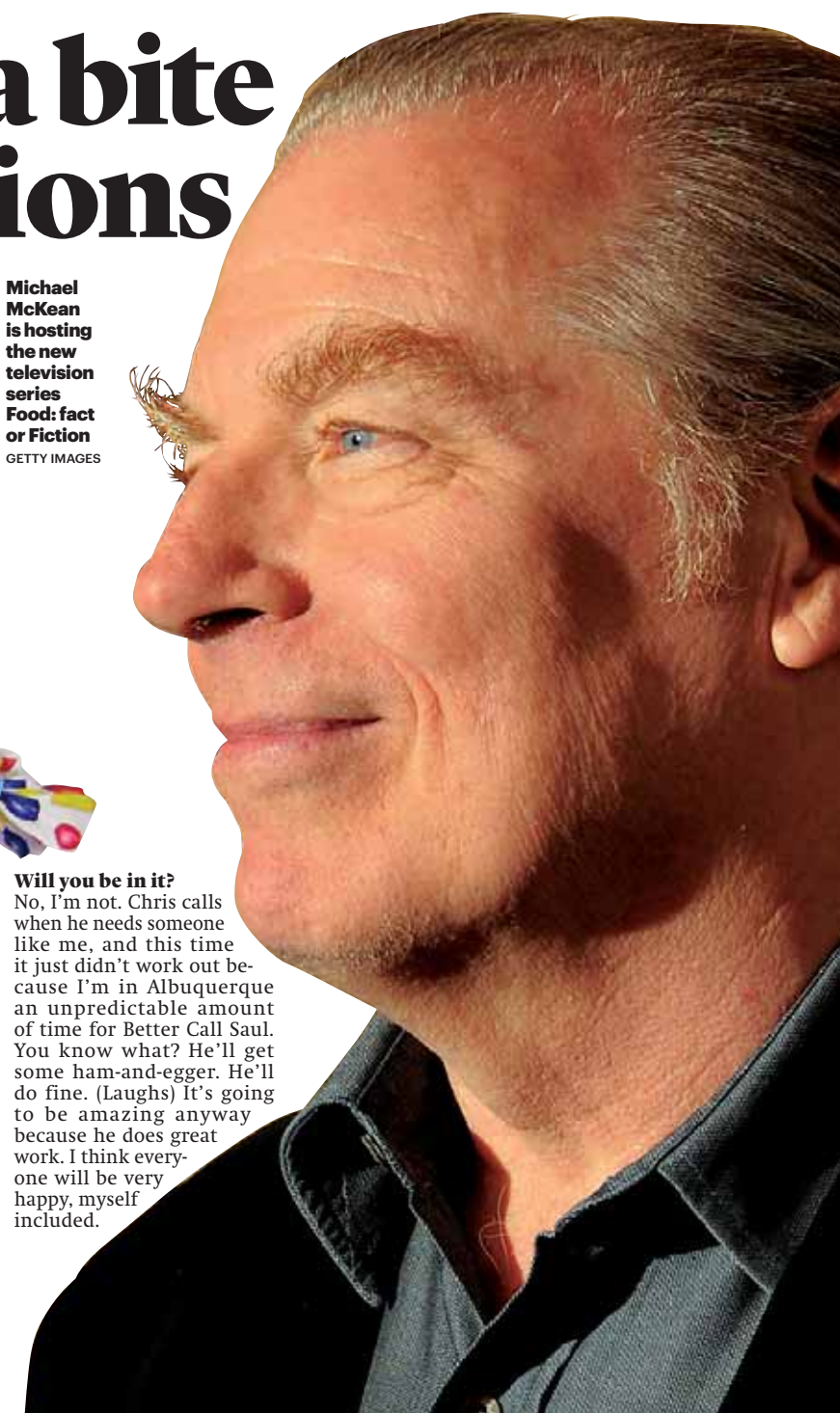
Genius. We don't know who that was.

#### Are there any current food trends you want to poke holes in?

Six months after something was good for you, it's now the worst thing you could do. But that's fear for sale. That's something else. That's people selling newspapers with "here are the 10 things that you're eating now that will kill you within a week." That's a whole different thing.

**Waiting for Guffman and Best in Show director Christopher Guest is finally making another movie, Mascots.**

**Michael McKean is hosting the new television series Food: fact or Fiction**  
GETTY IMAGES



#### Will you be in it?

No, I'm not. Chris calls when he needs someone like me, and this time it just didn't work out because I'm in Albuquerque an unpredictable amount of time for Better Call Saul. You know what? He'll get some ham-and-egger. He'll do fine. (Laughs) It's going to be amazing anyway because he does great work. I think everyone will be very happy, myself included.

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# Experiencing Gullah culture

BEAUFORT, S.C.

## Painting class, foot-stomping musical evoke region's past

**Mike Dojc**  
For Metro Canada



The Gullah are the descendants of the people of the rice coast regions of Western Africa who were stripped of their freedom, herded onto slave ships, and imported as chattel to the Lowcountry of South Carolina and Georgia. They were liberated the first year of the Civil War following the battle of Port Royal and remained in the Beaufort area, where decades of rural isolation preserved their African-American Gullah culture.

Whispers of the past can still be heard when staring out at the vast salt marshes from the waterfront — a view undisturbed by the passage of time — or walking down the town's shady residential streets through a towering and twisted canopy of live oaks festooned with Spanish moss that rustles in the breeze.

The porch ceilings of stately antebellum homes are painted a soft, pale "haint blue," a stylistic flourish that arose from Gullah ghostbusting tradition. The cooling colour is believed to ward off "haints" or evil spirits. According to Gullah superstition, lost souls up to no good are as afraid of water as the Wicked

Witch of the West. Beaufort's bubbling art scene with galleries dotting the downtown core also serves as a visual bridge to the past.

### Creative freedom

"I had two types of grandmothers. I had that really sweet grandmother who would teach me how to bake cakes. Then I had that grandmother who would teach me how to go get a switch," riffs Sonja Griffins Evans, an acclaimed Gullah culture artist.

She's pointing to a work of hers depicting a young girl with her hands clasped and her guardian behind her in a matching white dress. "When I first painted it I thought this is Nana's baby." We're in the courtyard of the Beaufort Arsenal, a castle-like fortification constructed in 1799, about to dip our brushes and have at it in a painting class.

Gullah paintings tend to employ bright, vibrant colours in their depictions of post-emanicipation community life, and figures are often faceless. Evans steers us to follow our own path but shepherds the artistic process by urging pupils to pick out one colour that is personally meaningful and then blanket our canvas with it to serve as a backdrop.

After choosing a dark shade of green and making a few muddy brushstrokes she glances at my work in progress and intuits correctly that I'm "a bit of a nature guy." Later she takes a look and envisions a red-roofed

### SUPERSTITION

Porch ceilings in the South Carolina Lowcountry are commonly painted "haint blue," a colour believed to ward off evil spirits.



The view from the third-floor balcony of the Anchorage 1770 inn in Beaufort, S.C. CONTRIBUTED



Aunt Pearl Sue of Aunt Pearl Sue and The Gullah Kinfolk performs for guests. MIKE DOJC/FOR METRO



Painting by Sonja Griffins Evans. MIKE DOJC/FOR METRO

structure in my painting's future, another prescient forecast.

Evans' work can be found at Scout Southern Market (709 Bay St.), a home decor shop where you can sip on a mint mojito sweet tea float while browsing hand-hammered copper pitchers, porch bed swings, and spoon-laden chandeliers.

For a wide variety of Gullah, African and low-country folk art, LyBensons Gallery and Studio (211 Charles St.) carries everything from sweetgrass baskets and wood burnings, to works depicting Gullah icon Robert Smalls, the slave-turned-ship captain and eventual five-term congressman.

### A Gullah night on the town

The first Friday in December will ring in the Yuletide season on the South Carolina Sea Islands with a stirring rendition of The Gullah Kinfolk: Christmas Wish ... Freedom Coming at the University of South Carolina-Beaufort's Performing Arts Center. Connect with Gullah culture through a dazzling, foot-stomping musical bringing alive the excitement of December of 1860, the last Christmas holiday before the Civil War.

Coinciding with the stirring theatrical performance is the Taste of Gullah Soulfood Buffet where local caterers serve up collards, candied yams, gumbo, red rice and other rib-sticking favourites. There will also be an artist showcase and market.

Some travel and accommodation costs were courtesy of the Beaufort Regional Chamber of Commerce.

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# Orlando beyond the theme parks

## FLORIDA

## 10 fun things you can do in the city, from arts to wildlife

**Mark Stachiew**  
For Metro Canada

Many Canadians never venture beyond the walls of Orlando's famous theme parks, but those who do will discover an exciting range of experiences in the Florida city that just might surprise them.

### 1 Ride the Orlando Eye

It only opened last year, but this gigantic Ferris wheel has become an instant Orlando icon. Take a sunset ride on this engineering wonder and marvel at the panoramic views below.

### 2 Look for gators

You don't have to go all the way to

the Everglades to see alligators. Just 30 minutes from town, you can take an airboat tour that will let you see gators and other wildlife in their natural habitat.

### 3 Ride an Amphicar

At the Boathouse Restaurant in Disney Springs, a sprawling shopping, dining and entertainment district, you can take a one-of-a-kind tour of the nearby lake in an Amphicar, a 1960s-era amphibious car of which only a few hundred remain in the world.

### 4 Enjoy fine dining

Foodies love Orlando's restaurant scene. It attracts celebrity chefs from around the world and is home to some local chefs who are making names for themselves. Whether you prefer Southern barbecue, Asian fusion or farm-to-fork, just about any type of cuisine you can think of can be found here.



The Orlando Eye has become an instant icon of the city. HANDOUT

### 5 Go up in a hot-air balloon

The Orlando Eye is not the only way to get a bird's-eye view of the sprawling city and the area around it. Visitors can experience a sunrise ride in a hot-air balloon that transports them above the ground at a leisurely pace.



### 6 See the fishes

SEA LIFE Aquarium is the perfect place to bring the kids on a rainy day or on those days that it's so hot that you want to do something inside. This colourful aquarium is a lot of fun and children won't even notice that it's educational.

### 7 Get close to celebrities

Madame Tussaud's Wax Mu-

seum lets you get up close to their celebrity figures. You'll be amazed at their resemblance to the real thing and may even be surprised at just how tall (or short) some of them are. Selfies are encouraged!

### 8 Peek into the backyards of the rich

For a century, the swanky Or-

lando neighbourhood of Winter Garden was the winter home to many rich, northern industrialists. Their stately waterfront homes are still favoured by the rich and famous and ordinary folks can get a peek by taking a boat tour that passes by their properties.

### 9 Go to a show

The newly opened Dr. Phillips Center for the Performing Arts is a stunning, state-of-the-art concert venue in downtown Orlando that hosts live music, Broadway musicals, theatre, comedy and much more. Check their schedule to see what's playing when you are in town.

### 10 Admire some Tiffany glass

The glass masterpieces of Louis Tiffany are preserved at the Charles Hosmer Morse Museum of American Art in Winter Park. It is the most important collection of this art nouveau master best known for his colourful lamps.

The writer was a guest of Visit Orlando, which did not review nor approve the story.

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# London thrilled by new Bond exhibit

## ON THE MOVE

### Displays range from fast rides to a crocodile submarine

**Loren Christie**  
For Metro Canada



The Brits love their Bond.

"He is very much a British cultural icon. Everybody has grown up with him: kids, parents and even grandparents," explains Rachel Stewardson, a tour guide at the London Film Museum.

On until March 2016, the museum's Bond in Motion exhibit, a collection of James Bond vehicles, has been wildly popular with locals and tourists alike. With the launch of the latest Bond flick, *Spectre*, Stewardson expects the exhibit will be extended for another year.

The most popular vehicle here is the classic Bond car, the Aston Martin. The DB5

used in *Goldeneye* is displayed prominently and a one-third scale model of the same make, used in *Skyfall*, gives visitors a glimpse into the magic of movie-making.

You quickly learn that many other Aston Martins have played a part in the Bond world: the V12 Vanquish from *Die Another Day*, the V8 from *The Living Daylights*, and even the wreckage of the DBS used in *Casino Royale*, which broke a Guinness world record for the number of flips (seven and three-quarters rotation) taken by a stunt driver during filming.

Another highlight is the Lotus Esprit S1 from the *Spy Who Loved Me*. Remember the scene where Bond and his Russian spy love interest, pursued

by a gun-blazing helicopter, go flying off a pier into the water? When the car transforms into a submersible laden with Q-supplied gadgets, you can't help but cheer for the suave spy.

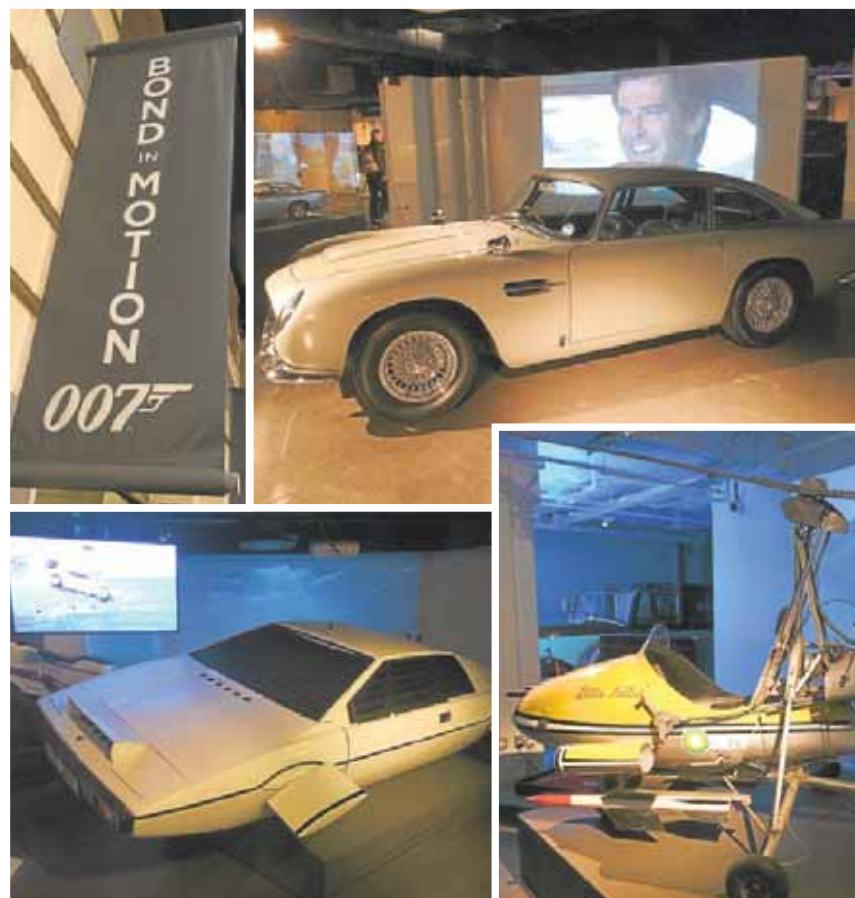
My favourite displays are the unconventional vehicles: the cello case sled used by Bond to slide away from armed guards in *The Living Daylights*; the Little Nellie auto gyro mini helicopter from *You Only Live Twice*; and the crocodile submarine from *Octopussy*. Apparently the filmmakers acquired a real crocodile for the scene, which then escaped and hibernated under the set, only to reappear two weeks later.

In addition to the vehicles, there are storyboards, scripts and a smattering of the costumes and props used during more than 50 years of Bond filmmaking. Video screens placed throughout play the relevant clips from the movies.

Located half a block from Covent Garden, a stop here will leave anyone interested in movie-making shaken and stirred.



**The museum does an excellent job of immersing you into the world of Bond.**



The London Film Museum's Bond in Motion exhibit runs to March 2016. LOREN CHRISTIE/FOR METRO

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# Chicago feels the Force on museum

## MOVIE ARTIFACTS

### Council OKs George Lucas museum, but hurdles remain

The force — of Chicago's city council, at least — is with George Lucas, as aldermen voted Wednesday to allow the Star Wars filmmaker to build his \$400-million museum along the shores of Lake Michigan.

With no discussion, the council cast the widely expected vote in favour of allowing Lucas to build his 300,000-square-foot Lucas Museum of Narrative Art just south of Soldier Field, home of the Chicago Bears.

Mayor Rahm Emanuel strongly endorsed the project and Lucas's choice of Chicago instead of San Francisco as the site for his museum was considered a major coup for the mayor, who earlier this year scored another victory when President Barack Obama selected Chicago as the site of his presidential library.

But as with that library, not everybody favours handing over city parkland for Lucas to build

his museum. Non-profit group Friends of the Parks is suing in federal court to block the project and the two sides are due back in court Nov. 10.

Some questions and answers about the museum plan:

#### Why Chicago?

It seemed like San Francisco was a lock. After all, Lucas was born in California, Lucasfilm's visual effects division is based in the city and the headquarters of Lucasfilm and Skywalker Sound is across the Golden Gate Bridge in Marin County. But Lucas' wife, Mellody Hobson, is from Chicago. And when the two got married, they hosted a star-studded party there to celebrate after their California wedding.

Then there is Mayor Rahm Emanuel. The famously pushy mayor really wanted the museum and while San Francisco was "doodling around," as Lucas once said, Emanuel was getting the city to offer up a slice of real estate along the lake near attractions such as the Field Museum of Natural History and the Shedd Aquarium.

#### What will it look like?

It is no surprise that a filmmaker



Construction on the proposed Lucas Museum of Narrative Art, left, in Chicago could begin as early as next spring, with doors opening as soon as 2019, if things go according to plan.

LUCAS MUSEUM OF NARRATIVE ART VIA THE ASSOCIATED PRESS FILE

that introduced the world to Han Solo's Millennium Falcon and a droid named R2-D2 plans to house his collection in a futuristic building. The undulating structure will have an observation deck that resembles a

floating disc. But the revised renderings also reflect the battle with those opposed to building a private museum on the city's cherished lakefront. About 100,000 square feet have been lopped off of the original

planned 400,000-square-foot building, leaving more green space on the 17-acre site, which will include many trees, native plants and an outdoor plaza that leads up to the sloping face of the building.

## 300K

The 300,000-square-foot undulating structure would sit on a 17-acre site on the Chicago lakefront. About 100,000 square feet were trimmed from the original plan to leave more green space.

#### What is going to be in the museum?

It may be officially called the Lucas Museum of Narrative Art, but it will almost certainly be known as the Star Wars Museum. That means there will be plenty of artifacts and costumes from the Star Wars films, and Lucas has said there will be artifacts from the Indiana Jones movies and other films. But along with props and story boards, the museum will also include three auditoriums where visitors can watch films and attend lectures and workshops. Not only that, but the museum will showcase artwork Lucas has been collecting since college, including illustrations by Norman Rockwell and N.C. Wyeth. THE ASSOCIATED PRESS

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## FRANCE

# A serene stroll down avenues of the dead in Montmartre

Just around the corner, it's a typical Parisian rush hour with bumper-to-bumper cars honking their way down the Boulevard de Clichy past garish shop fronts and the blazing red sails of the Moulin Rouge.

But here in the Montmartre cemetery the only sound is the trill of birds as they flit through the shady trees lining the avenues of the dead.

It doesn't get much more serene than this.

This is not the cemetery where The Doors' lead singer Jim Morrison is buried; that's Pere Lachaise. But it is the final resting place of several painters, composers, writers and other artists, testament to Montmartre's Bohemian past.

Some of the cemetery's most famous residents include composers Hector Berlioz (Symphonie Fantastique) and Jacques Of-



**A statue adorns the grave of Moulin Rouge manager Jean Baubert in Montmartre's cemetery in Paris.**

MICHELLE LOCKE VIA THE ASSOCIATED PRESS

## PLAN YOUR VISIT

A map to the most famous graves is available online: [equipement.paris.fr/cimetiere-de-montmartre-5061](http://equipement.paris.fr/cimetiere-de-montmartre-5061)

fenbach (The Tales of Hoffman), Dancer Rudolf Nijinsky is here as is Edgar Degas, famous for his paintings of ballet dancers. Also: Adolphe Sax, inventor of the saxophone.

In a neat little bit of literary history, you can find the grave of Alexandre Dumas, who wrote The Three Musketeers, as well as the grave of Alphonsine Plessis, the courtesan who was the inspiration for Dumas' La Dame Aux Camelias.

The tragic story laid the foundations for the opera La Traviata and the movie Camille.

And if you don't feel like tracking down graves, this is also a perfectly good place to simply wander, investigating memorials that catch your eye, like the full-size statue of a man atop the grave of Jean Baubert. Not a household name, but he was a manager of the Moulin Rouge, the famous cabaret, just a short walk away.

Walking back to Boulevard Clichy from the cemetery entrance you will find Corcoran's Irish Pub. It's a good place to toast the ghosts of Montmartre.

THE ASSOCIATED PRESS

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**Cleopatra's Baths, Hamam Bay, Turkey.** CONTRIBUTED

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**The HumanCharger helps re-sync your circadian rhythm.** CONTRIBUTED

#### Ease the jetlag

Working on the foundation that exposure to light helps maintain the rhythm of our natural body clock when we travel, the new Valkee HumanCharger sends UV-free light to light-sensitive regions of your brain, via ear buds fitted with LEDs. Inventors claim that topping up with light boosts your energy levels and mood, and cuts jetlag in half. Visit [HumanCharger.com](http://HumanCharger.com).



**Harpa Concert Hall, Reykjavik, Iceland.** TIM STEWART

#### Fly for cheap

Iceland's budget airline Wow Air just announced it will start flying from Montreal and Toronto to Iceland for \$99 one-way in May, with departures four times a week. As well, the airline will offer one-way fares to other cities in Europe (including London, Paris, Berlin and Amsterdam) for \$149, with plans to provide the same discounts for return fares soon. Visit [wowair.com](http://wowair.com). DOUG WALLACE

# Wyoming inspires Pixar dino film

## AMERICAN WEST

### Tourism office, studio team for promotional campaign

The state of Wyoming is looking to boost tourism through an animated film that will be released nationwide next month.

The Good Dinosaur, which will be released U.S. Thanksgiving week, is about a dinosaur named Arlo and his human friend as they travel a harsh and scenic land. Valleys and mountains depicted in the film were inspired by the Wyoming landscape, such as the Teton Range.

Under an agreement between the state Office of Tourism and Pixar, Wyoming will invest \$1.2 million of its advertising budget on a media campaign promoting both the film and the state.

In addition, the state will pay Pixar \$100,000 to help sponsor the film's world premiere Nov. 17 in Los Angeles. In return, Wyoming will be able to promote



**The Good Dinosaur has its world premiere on Nov. 17.** HANDOUT

the state, such as displaying its bucking horse and rider logo on the red carpet at the premiere.

Tourism Office spokesman Chris Mickey said that Wyoming will be able to use images from the film in commercials marketing the state to potential visitors.

"One of the things we love about this partnership is we can directly tie the dinosaurs to Wyoming in the movie," Mickey said.

The commercials will run from mid-November to mid-December, but probably won't be aired in Wyoming, he said.

"But they will be seen in select markets all over the country," Mickey said.

Diane Shober, executive director of the Wyoming Office of Tourism, said the arrangement with Pixar provides the state the opportunity to increase interest in and visitation to Wyoming.

"The Good Dinosaur is a perfect fit for Wyoming with the mountain backdrops, sweeping landscapes and ties to paleontology and culture of the American West," Shober said in a statement. THE ASSOCIATED PRESS

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## Sharing with those in need car2go partners with Mealshare

Car-share service car2go and non-profit Mealshare have teamed up to bring an appetizing deal to Calgary: Ride2Dine. Drivers who hop in a car2go vehicle and visit one of the participating restaurants with a Mealshare menu get 40 per cent off their order — and someone in need gets a free meal.

Each week until Nov. 26, a different Calgary restaurant will offer a new three-course Mealshare menu. Every time it's ordered, Mealshare will provide a meal to someone in need through the Calgary Drop-in Centre and Save the Children Canada.

"We wanted to do something for our mem-

bers and the community, and saw Mealshare as a great partner in helping us achieve this," says Amanda Lam, community marketing manager at car2go. "We know our members like going out to eat, so we wanted to use that opportunity to help them give back to the community."

To save on their restaurant meal, members can simply show their profile page on the car2go app. The participating eateries are listed at [c2g.cc/ride2dine](http://c2g.cc/ride2dine). "Eating great food is an experience many people enjoy, and there are many great restaurants here in Calgary," Lam says.

"We're really excited to work with a great organization like Mealshare to give our members and the community this chance," she says. "As a part of the Calgary community for the past three years, we're thrilled to be giving back."

# Boost gut bacteria for better overall health

There is more to staying healthy than just eating right; in fact, having healthy digestion is the foundation of great health.

One of the best ways to boost the bacteria in your gut and improve gut health is to eat fermented foods like sauerkraut, kimchi, miso and kombucha, according to Nicole Boisvert, certified holistic nutritionist, Community Natural Foods.

"The health of our body is deeply influenced by the bacteria that call our body home. Our bacteria outnumber our cells by a factor of ten to one so bacteria directly impacts our gut health," Boisvert says. There's five reasons why fermented foods are so beneficial to health:

## Immunity

Your gut health and immune system are inextricably linked and approximately 70 to 80 per cent of your immune tissue is located within your digestive system. The gut is often the first entry point for exposure to bad bacteria, which can cause disease.

## Improved Digestion

Fermented foods are essentially predigested because food components are already partially broken down during the fermentation process, which also helps make the stomach tolerate foods that it usually doesn't. For example, lactose intolerant persons cannot digest milk but may tolerate yogurt because the lactose in it is already partially processed.

## Absorb Food Better

Having the proper balance of gut bacteria and enough digestive enzymes helps you absorb more of the nutrients in the foods you eat. Pair this with your healthy real food diet, and you will absorb many more nutrients from food.

## Maintain a Healthy Body Weight

If you want to lose weight it's essential that you balance the microbiome in your gut. Multiple studies have shown that obese people have different intestinal bacteria than slim people, and regardless of weight most people


CONTRIBUTED

do not have the optimal balance of good and bad bacteria in their intestines.

## Fermented Foods Make Us Happier

Good bacteria in the gut can affect your mood positively, with 75 to 90 per cent of the body's serotonin, our mood-regulating hormone is in

the intestines.

Community Health Foods is hosting Simple Strategies to UnDiet Your Life on November 17 by Meghan Telpner, author of *The Undiet Cookbook*, which will include an in-depth look at fermented foods. Please visit [yycferments.com](http://yycferments.com) for more information.

Tuesday, November 17<sup>th</sup>

# Get good gut, and a smaller dress size.

Join Meghan Telpner, author of the bestselling *UnDiet: Eat Your Way to Vibrant Health* and *The UnDiet Cookbook*. Learn about the benefits of fermentation and how to revitalize your health through hydration, movement and happiness.

This event will be held on November 17<sup>th</sup> from 7:00pm until 8:30pm at our 10<sup>th</sup> Avenue Market. To register, visit [YYCFerments.com](http://YYCFerments.com)



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# Alternative medicine with a 3,000 year history

Traditional Chinese medicine is a popular alternative medicine with thousands of years of practice. Acupuncture is a major component of Chinese medicine and is a very popular way to treat many ailments, according to Calgary's Green Leaf Centre Dr. Yi Fu, who says the practice has been used for over 3,000 years.

"Acupuncture is a family of procedures involving stimulation of anatomical locations on or in the skin by a variety of techniques, and there are many significant health benefits to the treatment," Dr. Fu says.

Dr. Fu outlines four major benefits to turning to acupuncture to treat ailments including sickness and pain relief. Those include:

- 1) Unlike taking medicine there are no side effects
- 2) The treatment allows more accuracy by targeting specific areas



SHUTTERSTOCK

- 3) The practice works very quickly, even within minutes to help ease a cold, for example
  - 4) Acupuncture can treat inner issues by treating the outside of the body
- "Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites and restoring balance to the body," Dr. Fu adds.
- Hundreds of clinical studies on the benefits of acupuncture show that it successfully treats conditions ranging from musculoskeletal problems (back pain, neck pain, and others) to nausea, migraine headache, anxiety, depression, insomnia, and infertility. The Green Leaf Health Centre also offers aesthetic and authentic massage such as Tui Na, hot stone, Swedish and deep tissue massage. For more information please visit [greenleafhealthcentre.com](http://greenleafhealthcentre.com).

# LATEST ADVANCEMENT IN HAIR RESTORATION

Hair loss can have devastating effects — but there are treatments that can help alleviate or rectify hair loss including new cutting edge men's hair replacement options.

There are beneficial treatments for both men and women, according to Hair Restoration Services (HRS) owner Arlene Forster, who says hair replacement is a non-surgical and natural looking way to have a full head of hair within hours.

"We specialize in hair restoration services and even though 80 per cent of our clients are men, we have women who suffer from hair loss, too," Forster says, adding one in four women suffer from some form of hair loss. "We help people look and feel their best so that they can restore, repair and rejuvenate themselves."

Forster is also excited to share the latest advancements in men's hair replacement, with state-of-the-art hair options including Cuti's Invisible Thin Skin Hair System, which she says looks completely natural.

"The Invisible Thin Skin Hair System is made from the lightest and most ultra-thin poly ever. Each hair is placed into the transpar-



CONTRIBUTED

ent thin skin hair base with a new state of the art injection method, which makes it look like the hair is growing directly from your scalp." Ultra-Thin Skin Hair Systems can be cut as needed and is the most flexible hair base when it comes to styling hair, she adds.

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- Irritable bowel syndrome
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## 50 YEARS OF EYE SERVICE

It's a rare accomplishment but Gimbel Eye Centre is celebrating 50 years of providing quality eye service to patients in Alberta.

As Gimbel Eye Centre celebrates this special milestone, they continue to provide safe and high quality service to their patients, according to Gimbel Chief Operating Officer Gregg Becker, who says the special feat is the result of world class patient care and innovation.

"Our world-class procedures and innovation has propelled us forward as leaders of in the provision of safe, high-quality and cost-effective eye surgery, and our teams combine for over 500 years of experience," he says. "We're committed to a thorough assessment process, taking the time and tests needed to ensure we provide the

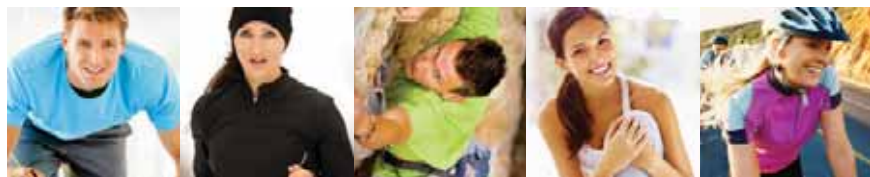
best options for our patients." Gimbel uses only all-laser technologies for refractive surgery, providing the safest results and great vision at prices that are always competitive. "Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new, and are well known world-wide as innovators in surgical practice, and the procedures they pioneered are now common across the industry," he says, adding that they have recently added a new procedure called KAMRA Inlay to help restore near vision. "It's used to help patients reduce or eliminate their use of reading glasses. This has been done widely in other parts of Canada and the world, but is relatively new in Western Canada." For more info, visit [gimbel.com](http://gimbel.com).

### THE GIMBEL DIFFERENCE

**EXPERIENCE:** We've been doing eye surgery for over 50 years, staying at the forefront of innovation while standing the test of time.

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**QUALITY:** We spend time with you, performing extensive testing, and a doctor will help you understand your options.



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## Calgary's urban sanctuary

With winter just around the corner, it's the perfect time to rejuvenate yourself with Calgary's ultimate urban sanctuary.

Santé Spa at Hotel Le Germaine is a luxury spa located on the top floor of the hotel high above the downtown streets of Calgary, according to marketing director Christina Arthur Dick.

"Santé Spa at Hotel Le Germaine is a hidden gem where guests can enjoy the tranquility of feeling like a celebrity while indulging in much needed relaxation or their ritual of spa maintenance," she says. "The spa offers a perfect balance to the adrenaline-fueled pace of modern life with a unique menu of rejuvenating spa treatments and advanced skincare."

As a recognized leader in the Canadian Spa Industry, all of the treatments are administered by highly experienced professionals in accordance with the Quality Assurance Standards of Leading Spas of Canada and the



CONTRIBUTED

Global Best Practices of the International Spa Association.

"We are going to continue to focus on providing our guests the treatments they want, at the quality they trust and the service they have grown to expect from the Santé brand," Arthur Dick adds.

The benefits of spa therapy, whether through massage, facial or even a pedicure, are numerous. From the relaxation, stress relieving, muscle and lymphatic benefits of massage, the skin rejuvenating benefits of a facial, or preventative health benefits of a pedicure.

Santé Spa is recognized as a top spa in Calgary by The Calgary Herald's Reader's Choice awards for 2014 and 2015.



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# metr SPORTS

The Colorado Rockies have declined a \$9-million mutual option on Justin Morneau and bought him out for \$750,000

## AA leaves everyone puzzled

### BLUE JAYS

### GM exits post with class but in a cloud of mystery

The same day he was named Major League Baseball's executive of the year, Alex Anthopoulos found himself trying to explain why he was facing unemployment.

In a surprising turn of events, the Toronto Blue Jays parted ways with their chief architect Thursday — less than a week after coming within one inning of forcing Game 7 in the American League Championship Series. Anthopoulos said it was his choice, with the final decision coming Wednesday afternoon.

"I just didn't feel like this was the right fit for me going forward," Anthopoulos told reporters in a conference call Thursday. "Not an easy (decision). Obviously everyone knows how I feel about the organization, the city, the country. By no means was this an easy decision but it was one that I felt I needed to make ... I own this decision. This is on me 100 per cent," he added.

It was a classy if confusing exit. Despite repeated questions, Anthopoulos did not elaborate on why he is leaving, other than to say that he wanted to be true to himself and that the impasse was not due to a financial disagreement. But the GM's departure comes during a changeover in Jays management with Mark Shapiro, the former Cleveland Indians president, taking over



**“By no means was this an easy decision but it was one that I felt I needed to make ... I own this decision. This is on me 100 per cent.”**

Alex Anthopoulos

The Blue Jays went 489-483 under Alex Anthopoulos as general manager. CHRIS YOUNG/THE CANADIAN PRESS

from the departing Paul Beeston as president and CEO.

"This decision is solely mine. Mark gave me every opportunity to return. He was sincere in wanting me back ... (Team owner) Rogers and Mark were more than generous, I mean extremely generous," added the Montreal native.

Anthopoulos left more questions than answers. He said he wanted to be back and that ownership and his new boss wanted him to stay. But clearly the team's new landscape was

### SHORTLIST

Catcher Russell Martin, pitcher Mark Buehrle and centre-fielder Kevin Pillar were named Gold Glove Award finalists on Thursday.

not one he could live with.

He declined to say why it was not a good fit. But he went out of his way to praise Shapiro and Rogers, stressing that the baseball team is in good hands.

"I know this is not an easy day for anybody ... I don't think any of us wanted this to happen." Anthopoulos, 38, turned down a five-year contract extension, amid speculation of a difference in vision with Shapiro, who does not officially take up his new job until Monday. Unlike Beeston, Shapiro is a president immersed in the baseball side — and one who clearly has his own views on how to run a club. Shapiro and Anthopoulos don't appear to be on the same page, although Anthopoulos rejected the sugges-

tion of a power struggle.

Anthopoulos said he did not have another job lined up, although he said his phone "exploded" Thursday once news of his pending departure broke.

Anthopoulos, then assistant general manager, took over as Toronto's GM in 2009 after J.P. Ricciardi was fired.

The Jays went 489-483 under Anthopoulos, according to Sportsnet stats, but soared into the playoffs this year after a 22-year absence.

THE CANADIAN PRESS

### FANS REACT ON TWITTER

#### @\_rallycap

Now I finally understand all of Adele's songs. #BlueJays #AA

#### @MrArancini

The bluer jays are crazy letting #aa get away he's very knowledgeable, he's young and he's CANADIAN!!!!

#### @ManCaveMMA

Seems clear AA wants out. For whatever the reason is, Rogers can't change his mind. His choice. Move on. Nothing we can do #BlueJays

#### @RealMikeCeccato

What a mess in Toronto letting Anthopoulos walk like that its ridiculous, that wouldn't happen in any other city

#### @BillyComeau

Great first move @Mark-Shapiro. You and Rogers should give workshops on how to crush souls. AA for @BlueJays President! #BlueJays

#### @stefaloves

Anthopoulos is leaving the @bluejays and all of a sudden I am having trouble breathing. WHY, ALEX? WHY????

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Noah Syndergaard racked up 166 strikeouts in 150 innings during the regular season. MATT SLOCUM/THE ASSOCIATED PRESS

# Heat's on for Mets rookie

## WORLD SERIES

### N.Y. counting on Syndergaard to help cut into K.C.'s 2-0 lead

The man-child on the mound was simply getting some work in, two simulated innings to keep sharp for the World Series.

It was late afternoon at Kauffman Stadium, dimmed by dark clouds on this overcast day in Kansas City, and even his New York Mets teammates wanted no part of six-foot-six Noah Syndergaard.

David Wright bounded into the batting cage, watched a few fastballs whizz by like pellets fired from a BB gun, and stepped right back out. "How are you supposed to hit that?" he asked buddy Michael Cuddyer.

A chuckling group of Mets marvelled at Syndergaard's sizzling cheese the day before the

Series opener — but now they've placed the heat squarely on their rookie starter. With the National League champs trailing 2-0 in the best-of-seven set, the 23-year-old thunderbolt aptly nicknamed Thor pitches Friday night against Royals right-hander Yordano Ventura.

And the Mets know perfectly well they can't afford to lose.

"I feel like being able to watch the past two games has really helped me out and helped me devise a game plan," Syndergaard said.

“

**He's a very fast learner. He has no fear.**

Mets manager Terry Collins

Syndergaard's fastball averaged 97.1 m.p.h. during the regular season, but the Royals lineup has seemingly mastered the lost art of consistently making solid contact.

Alex Gordon hit a tying homer in the ninth inning of Game 1 on a 97 m.p.h. quick-pitch from New York closer Jeurys Familia.

"We're always ready for the fastball," Gordon explained. "Never miss a fastball and adjust to off-speed."

THE ASSOCIATED PRESS

## IN BRIEF

### Homan still unbeaten at Grand Slam of curling

Ottawa's Rachel Homan remains undefeated after nine draws of round-robin play at the Grand Slam of Curling Masters tournament.

Homan (3-0) scored two in the sixth end and added one in the eighth to top Sweden's Margaretha Sigfridsson (0-3) 5-3 in her match on Thursday. Winnipeg's Jennifer Jones improved to 2-0 with a 9-2 victory over Switzerland's

Alina Paets in Draw 7 while Val Sweeting (2-0) of Edmonton toppled Binia Feltscher of Switzerland 8-2 in the morning draw.

THE CANADIAN PRESS

### Marlins hire Mattingly as their new manager

Don Mattingly was hired as manager of the Miami Marlins less than a week after he parted with the LA Dodgers, two people familiar with the situation said Thursday.

Mattingly went 446-363 in five years with the Dodgers. The Marlins finished 71-91 this past season.

Later Thursday, general manager Dan Jennings was fired by the Marlins, ending a 13-year association.

THE ASSOCIATED PRESS

### Norris: Surgery to remove cancer was successful

Tigers left-hander and former Toronto Blue Jays prospect Daniel Norris says he's

had successful surgery on the cancerous growth on his thyroid.

Norris said on Twitter and Instagram on Thursday that he is "Cancer Free" — he had announced last week that he was having the malignant growth removed.

Norris went 3-2 with a 3.75 ERA this year in 13 starts for Toronto and Detroit.

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8	4	3	5	6	1	2	7	9
5	7	9	3	4	8	6	1	2
3	8	1	6	2	9	7	5	4
4	2	6	7	1	5	3	9	8
6	1	7	9	8	2	5	4	3
9	5	8	4	7	3	1	2	6
2	3	4	1	5	6	9	8	7

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## RECIPE Sweet Potato and Kale Frittata



PHOTO: MAMA VISIONE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This savory breakfast for dinner is as healthy as it is satisfying.

**Ready in**  
Prep time: 20 minutes  
**Serves 4**

### Ingredients

- 1 Tbsp butter
- 1 yellow onion, chopped
- 1 pound frozen chopped kale
- 3 cloves garlic, chopped
- 2 cups boiled diced sweet potato (about 1 large potato)
- 2 whole eggs, 2 egg whites
- 2 Tbsp milk
- 1 tspn fresh, chopped parsley

### Directions

1. Preheat oven to 400 F.
2. In an ovenproof skillet, melt butter over medium heat. Add onions and cook until soft, about 5 minutes. Add garlic and kale and cook until garlic fragrant and kale wilted.
3. Add potatoes and soften, about 3 to 5 minutes.
4. Meanwhile, whisk eggs, whites and milk. Pour egg mixture over potatoes and kale, and cook on stovetop another 3 minutes. Sprinkle with parsley.
5. Transfer skillet to oven and bake about 6 to 8 minutes or until eggs are set.

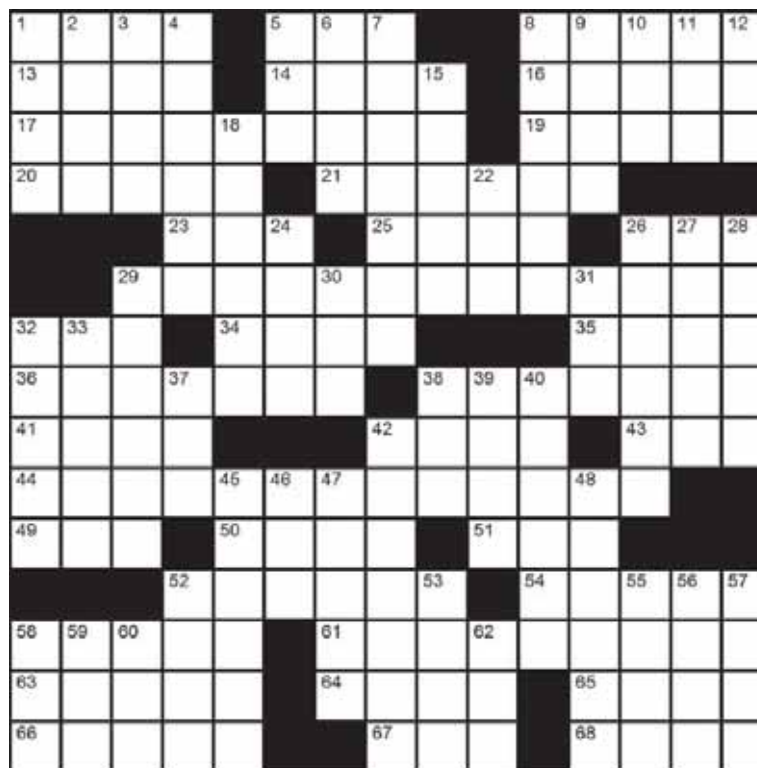
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Computer network signal
5. Roman Numeral for 905
8. Apparition in the attic
13. Prayer sign-off
14. Pea: French
16. "I, Frankenstein" (2014) star Mr. Eckhart
17. Grave marker
19. Surnamesakes of Paul of "Halloween: The Curse of Michael Myers" (1995)
20. Peel off the paint
21. Scan the webpage
23. Vancouver-born actor Mr. Bellows of 2012 horror "House at the End of the Street"
25. Ornamental case
26. Ms. West
29. Sci-Fi horror of 1978 starring Donald Sutherland, "Invasion of the \_\_\_"
32. Swiss river, variably
34. QED's 'E'
35. Discharge
36. Schedule
38. Shiver from fright
41. Dr. Frankenstein's pal
42. Mr. Astin of 2007 thriller "Borderland"
43. 'Baron' suffix
44. Halloween decoration creator, perhaps: 2 wds.
49. poet Mr. Cummings'
50. Hair removal brand
51. German article
52. Facade
54. Frightening/supernatural
58. Insuperior
61. Witch's brew pots



### DOWN

1. Crying sounds
2. "\_\_\_ a traveller from an antique land..." - Percy Bysshe Shelley, Ozymandias
3. Horror movie emotion
4. Deep blue
5. Mil. rank
6. Heard in herds
7. "House on Haunted Hill" (1959) star Mr. Price
8. It repels vampires
9. Transport stuff for short
11. Lay grass

12. Heavy wts.
15. Mattress brand
18. Creepy crawler
22. "Leavel"
24. Vega constellation
26. Club's one-of-some
27. Botanical castings
28. Rob of 2011 mysterious TV movie "The Edge of the Garden"
29. Accessories with witches costumes
30. "Dead Calm" (1989) star Mr. Neill
31. Pants part
32. Smoke \_\_\_ (Emulate Sherlock Holmes)
33. Fight
37. Association, variably [abbr.]
38. Coffee alternative
39. Scarce
40. Begrudged
42. Shrieks
45. Solemn bell sounds
46. \_\_\_ McKellen, star of 1983 frightful flick "The Keep"
47. The actress at #64-Across, to Julia
48. Power
52. Egotistical
53. Cut of beef
55. Part
56. \_\_\_ to one's neck
57. Approximations [abbr.]
58. "Phooey!"
59. Blood-typing letters
60. \_\_\_easter
62. Set down

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You will get the chance to make a breakthrough. However, you must be aware of your limits and you must not push yourself too hard. You don't have to work 24/7 to be a success.

**Taurus** April 21 - May 21  
Partners and colleagues may have the upper hand but that does not mean you are powerless. The planets suggest that if you believe in yourself you can make things happen.

**Gemini** May 22 - June 21  
You have done wrong but won't be punished for it — provided you admit your mistake. According to the planets your latest transgression is too big to ignore but still small enough to be forgiven.

**Cancer** June 22 - July 23  
Get out and about and have a good time. You will find it easy to meet new people and make new friends and, through them, to attract new opportunities. The more you socialize the more you will accomplish.

**Leo** July 24 - Aug. 23  
Spend money on yourself. You are entitled to enjoy what you've earned. Be the one who benefits, not those who like to sponge off you.

**Virgo** Aug. 24 - Sept. 23  
Don't try to get approval for what you are planning — you will make more of an impression if you just get on and do it. Strike out in a new direction — chances are you won't be travelling alone for long.

**Libra** Sept. 24 - Oct. 23  
This will be a rather quiet time by your standards but that's good. You have a lot to think about. The more you reflect upon your goals now the more likely it is you will reach them.

**Scorpio** Oct. 24 - Nov. 22  
You may be willing to make sacrifices above and beyond the call of duty but you can't do it all on your own. There are lots of people who think like you and share your vision — join forces with them.

**Sagittarius** Nov. 23 - Dec. 21  
You will deal well with challenges today. According to the planets you are determined to prove that you have what it takes to succeed — prove it to the world and yourself as well.

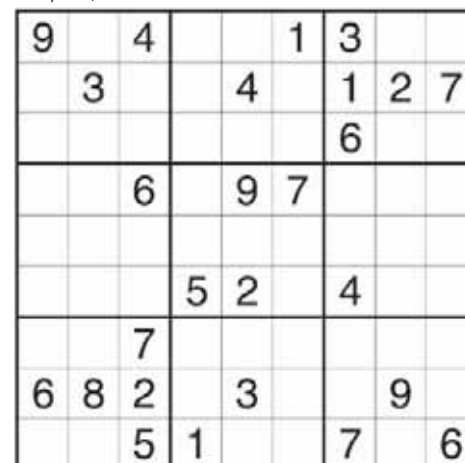
**Capricorn** Dec. 22 - Jan. 20  
You are in no mood to let others dictate what you can and cannot think, and that's good, but remember that it works both ways: others are entitled to their opinions too.

**Aquarius** Jan. 21 - Feb. 19  
What you're offered may be tempting but are the likely returns worth the time and the energy you will have to put in? If the answer is in doubt it might be wise to pass up the offer.

**Pisces** Feb. 20 - March 20  
You will be amazingly confident today, thanks to the Sun's link with your ruling planet Neptune. There is nothing you cannot accomplish if you believe in yourself. Romantically, too, this is a time for taking chances.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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